

Building Strong Families

My Family's Strengths

Put an "X" in the appropriate box next to each strength. List one thing you can do to make your family stronger in relation to the individual strength.

Family strengths	Very strong	Needs some strengthening	What we'll do to make our family stronger	When
Caring and appreciation				
Time together				
Encouragement				
Commitment				
Communication				
Coping with change				
Spirituality				
Community/family ties				
Clear roles				