

Building Strong Families

My Family's Strengths

Tell about your family by putting an “X” in one of the two boxes next to each strength. Then write one thing you can do and when you will do it to make your family stronger for that strength.

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