

Worksheet 2 — Family Resources

Resource	(Examples)	Resources family members can contribute	Which family members
Skills	Skill in sewing, baking, woodcarving		
Abilities or interest	Ability to plan Interest in gardening		
Job training or certification	Car repair Childcare certification		
Attitudes	Willingness to accept change; flexibility		
Self-confidence	Willingness to take risks; try new things		
Creativity	New ideas, artistry		
Awareness	Sensitivity to needs of others		
Time			
Energy			
Other			