

### Family Action Planning Worksheet

This worksheet gives you a place to record, track and remember what your family decides to do to reinforce and share its strengths related to the "positive identity" assets. Remember, all members of a family can take responsibility for following through on action commitments. It doesn't always have to be one of the parents!

Action Area	Specifics for your family	Action Commitments	Next steps?	By whom?	By when?
Create a positive identity shield	What family members do to cultivate a positive identity: 1. encourage each other 2. recognize achievements 3. support efforts	How will your family members share these strengths with others? by telling what our family does	1. encourage Mike 2. recognize Dad's lessons 3. support Carly	all Chris Kate Dad Mom	daily weekly weekly
Thank or honor people who have inspired	Who are five people who have inspired you? 1. Nana 2. Grandma Lenora 3. Pastor Dave 4. Jayne Lindsey 5. Dad	How will you honor or thank them (one per week)? Week 1: card Week 2: written dedication Week 3: share w/ others Week 4: phone call Week 5: picture that shows their strength	1. honor project 2. " 3. "	Chris Kate Mom / Dad	June 1 June 1 June 1
Evaluate optimistic and pessimistic tendencies	What patterns do you see in your family that are related to optimism and pessimism? same people show one or the other.	What will your family do to reinforce positive patterns and change negative patterns? work toward balance	1. find the positive 2. teach how to turn it around 3. recognize positive reactions	Dad Mom Chris Kate	daily daily daily
Share your hopes and dreams for the future	Dreams for each family member: culinary school being a mom writing a book preaching on radio	What will your family do to support each other in pursuing dreams? ask about how it's going	1. enroll in school 2. Bible study 3. call KGFT	Chris Kate Mom Dad	May 1 daily May 1
Explore different dimensions of positive identity	What are three ideas your family has to cultivate dimensions of identity? 1. go to Scottish Festival 2. visit workplace	What steps will your family take to strengthen an area of identity? read about family history kids to different vocations	1. buy tickets to Scottish Festival 2. go visit @ work 3.	Mom Chris Kate	Aug 1 June 1
Reach out to those in difficult situations	Where do you see people struggling with despair or hopelessness? family stability present economy purpose in life	What will your family do to help bring a sense of hope and purpose to these difficult situations? invite others to join us at church	1. invite young couple to sit in on family council 2. pay for someone's lunch 3. invite someone to church	Dad / Mom Chris Kate all	June 1 June 1 June 1