

My Family



Family Assessment Worksheet: Strengths, Interests, and Challenges

My family includes:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

In addition to my family, my personal connections are:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

STRENGTHS

List your strengths:

1. _____
2. _____
3. _____

Rank

List your family's strengths:

1. _____
2. _____
3. _____

Rank

INTERESTS

List your interests:

1. _____
2. _____
3. _____

List your family's interests:

1. _____
2. _____
3. _____

CHALLENGES

List your challenges:

1. _____
2. _____
3. _____

List your family's challenges:

1. _____
2. _____
3. _____

See ideas for Strengths, Interests, and Challenges on the back to help get you started.

Tips to identify **STRENGTHS**

Think about...

- What comes naturally easy for you
- Your skills, abilities, and achievements
- What you do best
- What other people say you are really good at
- What friends count on you for
- What people come to you for advice about

Tips to identify your **INTERESTS**

Think about...

- What you love to do
- Where you like to go
- Hobbies and activities you enjoy
- Things that make you happy
- What you would do if you had a free hour
- Things you are curious about
- How you spend your spare time

Tips to identify your **CHALLENGES**

Think about...

- Things you do not understand
- What is most difficult for you
- Things you are concerned about
- What makes you uncomfortable
- What is on your mind when you cannot fall asleep
- Things you argue about