

**Worksheet 4 - Family Resources**

Resource	(Examples)	Resources family members can contribute	Which family members?
Skills	Skill in sewing, baking, woodcarving		
Abilities Interests	Ability to plan Interest in gardening		
Job Training Certifications	Car repair Child care certification		
Attitudes Self-confidence	Willingness to take risks, try new things		
Creativity	New ideas, artistry		
Awareness	Sensitivity to needs of others		
Time	Friday night, Saturday, Sunday		
Energy	High level		
Others			