



FAMILY & HOME EVALUATION

INSTRUCTIONS: Read each statement, then assess yourself and your family on a scale of 0-10 for each statement.

(0=horrible/not at all true, 10=exemplary/very true, n/a=not applicable)

Please note: This evaluation is designed to walk systematically through your home and family life to provide a picture of where you're happy with how things are working... and to draw attention to where you'd like to make some changes. I purposely use words that require you to answer according to how you FEEL about the statement, as your emotions drive how you think about your home and your life. There are no right or wrong answers and there should be no guilt or shame at the fore when you are finished!

Home Systems

- _____ I love being in my home.
- _____ Each member of our family has a place to feel comfortable in our home.
- _____ Our family tends to get out the door on-time.
- _____ I am happy with how easy it is to find family and home information when needed (insurance information, personal identification numbers, babysitter phone numbers, addresses, etc)
- _____ I'm happy with how loose papers and magazines are dealt with in our home (mail, school forms, art projects, catalogs, newspapers, etc).

- _____ Everyone in our family knows where emergency information is posted or stored.
- _____ We have a well-organized first aid kit ready and I'm confident administering the remedies and medications we have on hand when illnesses and injuries arise.
- _____ We have emergency contingency plans in place for fires and natural disasters that have been communicated and rehearsed by the whole family.
- _____ I/We have times designated for meal preparation.
- _____ I am happy with how meals are planned in our home (once a month cooking, shared cooking responsibilities, weekly meal plans, deciding meals on the fly, etc)
- _____ I'm happy with the foods we eat.
- _____ I would like to improve our eating habits.

Family Systems & Family Care

- _____ I give my children opportunities to make choices often.
- _____ I regularly ask my children's opinions.
- _____ Expectations for each child are realistic for their age and abilities.
- _____ Children have the opportunity to help determine family rules AND consequences.
- _____ Consequences are consistent.
- _____ Everyone in the family has chores or other household responsibilities appropriate for their age and abilities. Responsibilities are clearly known.
- _____ We verbally express our love to each other regularly.
- _____ We physically express our love to each other regularly (hugs, cuddles, pats on the back, etc).
- _____ We make an effort to look each other in the eyes when we talk to each other.
- _____ We compliment each other frequently and genuinely.
- _____ I apologize when I've done something wrong and model the behavior I want to see in my children.
- _____ We make an effort every day to spend time together (reading books, talking, working together, playing games, doing something creative, etc).
- _____ I make time each day to connect with my spouse.

_____ We do family outings together (visit an art exhibit, a museum, a sporting event, a theatre performance, live music, poetry slam, etc).

_____ We regularly eat together as a family.

_____ We make time as a family to serve our community on a regular basis.

_____ We are thoughtful and intentional to teach our children our beliefs.

Self-Care

_____ I do something each day that gets my heart pumping.

_____ I do at least one physical activity every day that is fun (sing, dance, swim, walk, run, sport, play, etc)

_____ I drink water throughout the day.

_____ I'm happy with what I eat through the day.

_____ I get enough sleep.

_____ I wear clothes in which I feel comfortable and attractive.

_____ I limit my time through the day using media devices.

_____ I regularly spend time in nature.

_____ I make time for quiet each day (just sitting, listening to meditative music, journaling, self-reflection, etc)

_____ I make time to pray - for myself and for others

_____ I am happy more often than I am sad.

_____ I read literature unrelated to work, parenting, or schooling.

_____ I'm eager to learn at least one new thing every day.

_____ I laugh frequently throughout the day and even on difficult days, find things that make me laugh.

_____ I say no when I need to.

_____ I let myself cry when I need to.

_____ When I'm frustrated by world or community issues, I take time to express my thoughts and outrage via letters to the editor, donating to causes I consider important, participating in social action, etc.

DO NOT READ THIS PAGE UNTIL YOU HAVE FINISHED THE EVALUATION.

Step 2:

Now that you have finished filling in the evaluation, go back through your answers with a different colored pen. Look at each response and ask yourself the question: “Am I happy with this answer?” If not, circle it.

For example, if you rated your family a “3” on the question, “Our family tends to get out the door on time,” this indicates that you don’t tend to get out the door on time very often. However, just because that’s true doesn’t mean you’re unsatisfied by not getting out the door on time. Therefore, while a “3” is a true rating, you are happy with your answer, so there’s no need to circle it.

When you’ve finished going through the evaluation and circling your answers, you should have an at-a-glance picture of where you feel most frustrated or unsatisfied - as well as where you feel MOST SATISFIED - in your home and everyday life. Obviously, most of the time you’ll have an innate sense of these things so you won’t necessarily feel like this is “news,” but this is an extremely worthwhile exercise to be able to see and name the things you otherwise feel.