

FAMILY & PARENTING

Worksheet Collection

My Place in This World™ • Finding Our Place™

A practical collection for helping families strengthen belonging, voice, healthy responsibility, connection, communication, and repair.

☐ Parent/Caregiver

☐ Child/Teen

☐ Whole Family

☐ Clinician/Facilitator

Family / Participant:

Date:

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PRACTICAL TOOLS FOR STRONGER FAMILIES, HEALTHIER CONNECTION, AND GROWTH

1. MY PLACE IN OUR FAMILY

Belonging • Role • Connection

Use this page to help each family member describe where they fit, what they contribute, and what helps them feel securely connected.

In our family, I know I belong when...

Three things I bring to our family are...

I feel most connected to my family when...

One way my family can help me feel that I have a place here is...

One way I can help someone else feel that they have a place here is...

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2. I MATTER HERE

Belonging Without Earning It

A family member's value is not based on performance, mood, achievement, or being easy to manage.

- ☐ I matter when I succeed.
- ☐ I matter when I make a mistake.
- ☐ I matter when someone is frustrated with me.
- ☐ I matter when I need help.
- ☐ I matter when I disagree respectfully.
- ☐ I matter even when another person gets more attention.

What makes it easiest for me to believe, “I matter here”?

What sometimes makes me forget that?

A sentence I want my family to hear from me:

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3. WHAT ACTUALLY BELONGS TO ME?

Healthy Emotional Boundaries

Sort responsibilities into what belongs to you and what belongs to someone else. Caring about someone is different from carrying what is theirs.

BELONGS TO ME

DOES NOT BELONG TO ME

Something I have been carrying that I can put down:

A healthy way I can still care without taking over:

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4. FAMILY ROLES MAP

Notice Roles Without Blame

Map the roles family members tend to take. Roles can be helpful, but they can also become rigid or unfair.

Family Member	Role I Often Take	What It Helps	What It Costs	Healthier Role
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Which role needs the most flexibility right now?

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5. MY VOICE MATTERS

Speak • Listen • Stay Connected

Having a voice means being able to express thoughts, feelings, needs, and respectful disagreement without controlling everyone else.

Something I want my family to understand about me:

I feel heard when...

I shut down or get louder when...

A respectful way I can say what I need:

One way I can listen better when someone else uses their voice:

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6. RESPONSIBILITY VS. OVER-RESPONSIBILITY

Do My Part — Not Everyone's Part

Healthy responsibility means owning your choices and contribution. Over-responsibility means taking ownership of things another person needs to carry.

HEALTHY RESPONSIBILITY

OVER-RESPONSIBILITY

☐ My choices

☐ My effort

☐ Another person's mood

☐ Fixing adult conflict

☐ My words

☐ My repair after mistakes

☐ Keeping everyone happy

☐ Preventing every disappointment

One responsibility I need to own more fully:

One responsibility I need to give back:

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7. FAMILY VALUES

What We Want to Stand For

Choose values that describe the kind of family culture you want to build—not just rules you want people to follow.

☐ Love

☐ Faith

☐ Respect

☐ Honesty

☐ Responsibility

☐ Kindness

☐ Courage

☐ Service

☐ Learning

☐ Fun

☐ Forgiveness

☐ Patience

☐ Health

☐ Connection

☐ Generosity

☐ Perseverance

Our top five family values:

Value	What It Looks Like at Home	What It Does NOT Mean
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8. FAMILY EXPECTATIONS

Clear • Realistic • Teachable

Make expectations visible and specific. Focus on behaviors family members can understand, practice, and repair.

Expectation	What It Looks Like	Who It Applies To	What Helps Us Follow It
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Which expectation needs to be clarified or simplified?

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9. FAMILY RESPONSIBILITIES

Shared Work, Age-Appropriate Ownership

Use this worksheet to make household responsibilities predictable and balanced.

Responsibility	Owner	When / How Often	Reminder System	Done Looks Like
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One responsibility that needs to be reassigned or adjusted:

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10. FAMILY OPERATING SYSTEM

How Our Home Works

Build a simple system for routines, communication, responsibilities, transitions, and reset points.

Area	Our System	Where It Lives	Who Leads	Reset Plan
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Morning routine:

After-school / after-work routine:

Evening routine:

Weekly family reset time:

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11. FAMILY CONNECTION MAP

Who Feels Close? Where Do We Need Bridges?

Think about connection as something that can be strengthened intentionally. Avoid using this page to rank love or assign blame.

Relationship	What Connects Us	What Gets in the Way	One Small Bridge
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The connection I want to strengthen this week:

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12. PARENT ALIGNMENT CHECK-IN

Same Team, Not Identical Parents

Caregivers can have different styles while still creating consistency. Use this check-in to identify where you agree and where you need a shared plan.

Topic	Parent/Caregiver A	Parent/Caregiver B	Shared Plan
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☐ Routines

☐ Screens

☐ Chores

☐ Emotional support

☐ Sibling conflict

☐ Homework

☐ Bedtime

☐ Discipline

☐ School communication

☐ Privileges

One area where we are already aligned:

One area where the children need a clearer shared message:



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13. FAMILY COMMUNICATION AGREEMENTS

How We Want to Talk to Each Other

Create agreements that protect both voice and connection during everyday conversations and difficult moments.

- ☐ One person speaks at a time.
- ☐ We can ask for a pause.
- ☐ We do not insult or threaten.
- ☐ We describe behavior instead of attacking character.
- ☐ We listen before defending.
- ☐ We can disagree respectfully.
- ☐ We return to unfinished conversations.
- ☐ We repair when we cause harm.

Our additional agreements:

What we will do when an agreement is broken:

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14. REPAIR AFTER CONFLICT

Reconnect Without Pretending Nothing Happened

Repair is more than saying sorry. It includes understanding impact, taking responsibility, making amends, and changing what happens next.

What happened? Stick to observable facts.

What did I feel, need, or fear?

How might my actions have affected the other person?

What part belongs to me?

What repair can I offer?

What will I try differently next time?

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15. SIBLING CONFLICT PROBLEM-SOLVER

Fair Does Not Always Mean Identical

Use after everyone is regulated enough to problem-solve. The goal is not to decide who is the 'bad kid,' but to identify needs, responsibility, and a workable next step.

Step	Sibling A	Sibling B
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What happened?

What did I want?

How did I feel?

What part was mine?

What do I need now?

What can I do differently?

Our solution / agreement:

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16. FAMILY MEETING AGENDA

Predictable Time for Voice + Planning

Keep meetings short, structured, and safe. Celebrate what is working before tackling problems.

Date / facilitator:

Agenda Item	Notes / Decision	Owner / Next Step
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☐ Something that went well

☐ Appreciations

☐ Schedule / transitions

☐ Responsibilities

☐ Problem to solve

☐ Connection / fun plan

One thing each person wants remembered before the next meeting:

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17. FAMILY TRADITIONS BUILDER

Create Repeated Moments of Belonging

Traditions do not need to be expensive or elaborate. Repeated, meaningful moments can become anchors of family identity.

Tradition Idea	When	What It Communicates	Keep / Try / Change
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A tradition from our past we want to keep:

A new tradition we want to try:

How we will make it accessible for different ages, needs, and energy levels:

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18. PLACE–VOICE–RESPONSIBILITY–CONNECTION

Family Check-In

Use this recurring check-in to notice whether each family member experiences belonging, appropriate voice, healthy responsibility, and meaningful connection.

Dimension	1–5	What Is Working?	What Needs Attention?
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PLACE — I know I belong

VOICE — I can express
myself

RESPONSIBILITY — I own
my part

CONNECTION — We
return to each other

The dimension we want to strengthen first:

One small family action for this week:

When we will check in again:

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19. WEEKLY FAMILY PULSE

Quick 5-Minute Check-In

A brief repeatable check-in that can be used at home, in parent coaching, or during family sessions.

Question	1-5	One Sentence
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I felt like I belonged this week.

I felt heard this week.

Responsibilities felt fair.

We handled conflict respectfully.

We made time to connect.

What should we keep doing?

What is one thing to adjust next week?

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