

Managing Farm and Farm Family Challenges Resiliently

A Worksheet to Explore Resilient Thinking and Doing

What I (we) dream about:

Challenge

Organizational Processes And Strategies

Communication/ Problem-solving Processes

Shared Belief Systems

What resources do we have or can we acquire to help us adapt to meet this challenge?

What does moving forward and providing mutual support, teamwork, and commitment for each other look like and how do we do it?

Which family, friends, professionals or community organizations can provide support?

What risk management strategies can be put in place or updated?

What strategies can we put in place to enhance financial security and balance our work and life?

Whose roles or which rules need to be adjusted to help address this challenge?

What can we do to support clear, consistent information sharing?

What can we do to provide an environment open to sharing our values, meaning and feelings about the challenge?

What can we learn from previous setbacks that will help us address the current challenge?

What new ideas or resources can be brainstormed that will help us reach our dream?

What process can we put in place to share decision making?

What does this challenge mean to me/us? Is it a threat or an opportunity? Why

What strengths do I and my family members bring to addressing this challenge?

What learning, change or positive growth can we acquire that will support our adaptation and help to reach our dreams?

If we evoke a CAN-DO approach, what would we create together?

What can we do to be more become or remain hopeful and optimistic?

Short term steps toward my/our dreams:

Who will help?
