



## Managing Farm Family Challenges

Challenge:

### Belief Systems:

1. Is this challenge a threat or an opportunity? Why?
2. What strengths do we bring to addressing this challenge?
3. What can we do to become or remain hopeful and optimistic?

Vision for short term:	
Vision for long term:	

What learning/change/growth is needed to support these visions?

Short term steps toward our dreams?	Which family, friends, professionals, or community organizations can provide support?
1.	
2.	
3.	
4.	
5.	

Adapted for Farm First (Leanne Porter 2022) from a worksheet created by The University of Delaware Cooperative Extension and The University of Maryland Extension. For more information on Farm First, visit [www.farmfirst.org](http://www.farmfirst.org).

For more information on MassGrown Wellness, visit [www.mass.gov/massgrownwellness](http://www.mass.gov/massgrownwellness).



What risk management strategies can we put in place to enhance balance in our work and life?

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

**Communication/Problem Solving Process:**

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 address the current challenge?

---

---

---

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

---

---

---

Brainstorm new ideas or resources to help us reach our dream.

Adapted for Farm First (Leanne Porter 2022) from a worksheet created by The University of Delaware Cooperative Extension and The University of Maryland Extension. For more information on Farm First, visit [www.farmfirst.org](http://www.farmfirst.org).

For more information on MassGrown Wellness, visit [www.mass.gov/massgrownwellness](http://www.mass.gov/massgrownwellness).