



SweetenLife VIP Family Care™

Family Resource Builder™



Discover your family's hidden potential for growth, joy, and satisfaction.



SWEETEN 
LIFE SYSTEMS

visit us at
www.sweetenlife.com

Friend us on facebook ■ phone (513) 744-4630



New in 2013 . . . SweetenLife

Family Resource Builder™

A set of family goal-setting, support team-building, and life-enhancing resources.

Now there is a straightforward way to efficiently assess your family's needs, set clear goals for improving areas of your family's life, and learn new skills to accomplish those goals.

3 simple steps with profound results that will benefit your family

- **Step 1** – Parents set aside one hour of non-interrupted time to complete the survey of your family's needs.
- **Step 2** – Each participant will receive the results of the survey within 48 hours of completion. The results will help you decide what areas you want to work on.
- **Step 3** – Use the Goal Setting, Action Planning, and Resource Finding guides in the Family Resource Builder report to develop plans for accomplishing goals you set.

About 90 days after you receive your Family Resource Builder report, you'll receive a followup e-mail from Sweeten Life to see how you are doing on accomplishing your goals. It will also ask if you need additional support and resources.

You'll find valuable videos online at www.sweetenlife.com that you can use when needed to help learn new family life skills and other insightful reference materials to guide your progress.

Not only will your family be growing in personal relationships with one another as you work together to accomplish family goals, but you will be building your support system by reaching out to others who want to help and building new relationships with new friends and family.

- **Go to <http://tinyurl.com/familyresourcebuilder> now to begin your self assessment and start developing better relationships, resources and stronger families.**

The Sweeten Life Family Care Team

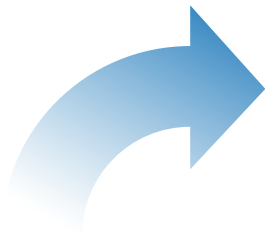
Dr. Gary Sweeten, Andrea Bowsher, Jim Donovan, Brenda Drexler, Steve Griebing, Ron Peake, and Carlene Robinson



OVERVIEW



*Support/
Action*



Your Report



Self Assessment



SweetenLife VIP Family Care™

SWEETEN 
LIFE SYSTEMS

visit us at

www.sweetenlife.com

Friend us on facebook ■ ph: (513) 744-4630

Questions and Answers



What is the source of the Family Resource Builder assessment?

In 2009-10 Sweeten Life conducted first-of-its-kind, original research with families who have a disabled child, face-to-face, in their homes, investing over 7000 hours listening to the needs of the entire family. The 120 questions in the Personal Need Assessment came directly from the families participating in the original research study.

What did Sweeten Life learn from their in-depth study?

In addition to the 120 important family tasks that are the basis for the Self Assessment, the research team learned that: 1) rarely were families asked about their needs; 2) rarely did families receive training or tools to build the relationships needed to strengthen their support system; and, 3) rarely did both parents take the time to assess family needs and discuss goals for improvement.

I don't like to take tests. Isn't the Self Assessment just another test?

The Family Resource Builder assessment is not a test. It is a list of 120 items that families told us were important for them to go to make their families stronger. When you fill out the assessment, you take the time to consider your family's needs, and choose those items that you would like to improve. It is about your family and your choice.

What happens after I complete the Personal Need Assessment?

You will receive a copy of the results of your Personal Need Assessment. You will also receive information on how to set family goals and find additional resources to help you in accomplishing your family's goals. Additional resource materials are available at SweetenLife.com.

Our research found that sharing your family's needs with another trusted person - spouse, friend, family member - and discussing possible solutions always led to better solutions. In many situations, friends and family wanted to help but didn't have specific tasks that they could do to make family life better. The results from the assessment provided that needed information.

Why would I want to discuss my assessment with others?

Some people might like to be part of your life, but aren't sure how to help. The Family Resource Builder can help bridge that gap.

Will my personal information be shared with others?

Only if you choose to share it. Your private information, address, etc will not be sold or shared by SweetenLife. However, you may wish to share it with family and friends. SweetenLife may publish compiled results. Personal information will be kept private.

What part of the assessment is most useful to share with others?

We find that the Improvements Worksheets are the best information to share. They can be used to improve the action plan and recruit support to implement.

What additional support can Sweeten life provide to help us meet our goals?

SweetenLife provides a whole suite of resources including eBooks, videos and other downloads via sweetenlife.com.

What sort of followup will be provided by SweetenLife on this assessment?

We provide support followup in the form of resources and information after 3 and 6 months.

Why would a church or organization want to use the Family Resource Builder?

Church and organizational leaders have told us they would love to use the Family Resource Builder for improving communications within individual families, for identifying ways that others in the church could help families, and for reaching out to families in the community.

How do I buy the Family Resource Builder?

The Family Resource Builder is available on-line at SweetenLife.com for the single family version. The Family Resource Builder includes 2 Self Assessments (1 for each parent), 3 on-line instructional video presentations, a Personal Report for each adult, and all the materials needed to set and achieve family improvement goals.

www.sweetenlife.com/store

How can my organization buy the Family Resource Builder?

The Family Resource Builder Organization Kit is available on-line at www.sweetenLife.com/store

