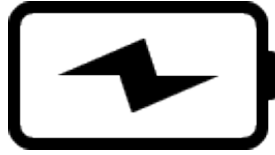


Competence means having the necessary ability, knowledge or skills to do something successfully. No person is competent at everything. Sometimes, you can become competent by working hard, learning skills and practicing. We should always try to be OUR best, but we are not always going to be THE best. It's important to recognize that each member of your family may not be competent at all of the same things.

Use this inventory to guide you as you learn to evaluate your family's individual competence in important areas of each other's life. How well do you know each other? Give each member of the family a copy of the following chart. Put one family member's name at the top of each column. Don't forget to include yourself. Under each person's name, circle all of activities you think he/she does well or would like to try. If you think of something that isn't listed, add it to the list!

Baseball	Baseball	Baseball	Baseball	Baseball
Basketball	Basketball	Basketball	Basketball	Basketball
CPR training	CPR training	CPR training	CPR training	CPR training
Creative writing	Creative writing	Creative writing	Creative writing	Creative writing
Dance	Dance	Dance	Dance	Dance
Dog walker	Dog walker	Dog walker	Dog walker	Dog walker
Drama/theater	Drama/theater	Drama/theater	Drama/theater	Drama/theater
Drawing	Drawing	Drawing	Drawing	Drawing
Exercise	Exercise	Exercise	Exercise	Exercise
Fishing	Fishing	Fishing	Fishing	Fishing
Football	Football	Football	Football	Football
History	History	History	History	History
Lacrosse	Lacrosse	Lacrosse	Lacrosse	Lacrosse
Listener	Listener	Listener	Listener	Listener
Painting	Painting	Painting	Painting	Painting
Photography	Photography	Photography	Photography	Photography
Play instrument	Play instrument	Play instrument	Play instrument	Play instrument
Read	Read	Read	Read	Read
Running	Running	Running	Running	Running
Sing language	Sing language	Sing language	Sing language	Sing language
Storyteller	Storyteller	Storyteller	Storyteller	Storyteller
Swimming	Swimming	Swimming	Swimming	Swimming
Technology	Technology	Technology	Technology	Technology
Telling jokes	Telling jokes	Telling jokes	Telling jokes	Telling jokes
Volleyball	Volleyball	Volleyball	Volleyball	Volleyball
Volunteer	Volunteer	Volunteer	Volunteer	Volunteer
Yoga	Yoga	Yoga	Yoga	Yoga

**TEENS SAY THEIR PARENTS ARE THEIR MOST RELIABLE SOURCE WHEN TALKING ABOUT NOT USING ALCOHOL**



## Part Two

After everyone completes the chart in Part 1, compare your answers. Did everyone choose the same activities? If not, what reasons did they have for the differences? Use this time to discuss what skills are necessary to become competent in various areas. After your discussion, have each family member look at his/her own list and choose 1 activity they circled.

Ask the following questions about each person's activities:

- o What skills are necessary to become competent at this activity?
- o Do I have those skills?
- o Can I develop those skills?
- o If I can, what can I do to develop them?
- o If not, is there some other activity I can participate in?

After answering the questions for each person, make a plan to help each other become competent at one of the activities on the list. What skills do you need to develop? How can we, as a family, help you to develop or strengthen those skills?

It's always important to check your progress.

Mark a date on the calendar 3 weeks from today. On that day, check back with each person to see how they are progressing.

Family Member	Skill to Develop	Plan to Develop the Skill