

FAMILY ARCHITECTURE ASSESSMENT™

A Structured Diagnostic of your Home Operations and Household Systems

Most families attempt to solve challenges at home by increasing effort. When routines begin to break down, the natural response is to try harder, or step in personally to keep everything functioning.

But over time, this approach creates a hidden problem. The stability of the household begins to depend on individual effort rather than well-designed systems.

This is where many modern families begin to experience overwhelm. Not necessarily because they lack commitment or capability, but because the architecture of the home has not been intentionally designed to support the complexity of their lives.

The **Family Architecture Assessment**[™] examines whether the underlying structure of your household is built to sustain stability, clarity, and continuity. Instead of focusing only on symptoms such as stress, conflict, or disorganization, the assessment looks deeper at the systems that shape how your home functions every day.

Using the A.R.C.H.[™] methodology, the diagnostic evaluates how well your family currently:

- **Assesses** its realities, pressures, and responsibilities
- **Re-Architects** roles, routines, and operational design
- **Codifies** expectations, processes, and shared knowledge
- **Hands Over** competence and responsibility across the family

The goal of the diagnostic is not to judge how your family is operating, but to provide clarity. When families can clearly see where structure is strong and where gaps exist, they gain the insight needed to build systems that reduce mental load, strengthen collaboration, and ensure that the household can function smoothly across different seasons of life. In many ways, the **Family Architecture Assessment**[™] functions much like an organizational audit used by institutions and companies. It helps identify where systems are working well, where they are fragile, and where structural improvements can create lasting stability.

Assessment Scope

- Family Structure and Roles
- Household Operations
- Domestic Staffing (if applicable)
- Information & Documentation
- Transition & Resilience
- Legacy & Competence Transfer

Scoring Scale

To complete the assessment, read each statement carefully and rate how accurately it reflects your current household experience using the scale provided. When responding, consider how your household functions most of the time, rather than during exceptional or unusually busy periods. It is also important to answer based on current reality rather than future intention.

1 - Strongly Disagree

2 - Disagree

3 - Inconsistent / Unclear

4 - Agree

5 - Strongly Agree

PART 1 - FAMILY STRUCTURE & ROLES

	1	2	3	4	5
1. Are responsibilities between adults clearly defined and agreed upon?					
2. When something goes wrong at home, is it usually clear who owns the solution?					
3. Do both adults understand the full scope of what keeps the household functioning?					
4. Are there areas where one person consistently carries more mental load?					
5. Are roles documented or mostly assumed?					
6. Can another adult easily step into your responsibilities if needed?					

PART 2 - HOUSEHOLD OPERATIONS

		1	2	3	4	5
7	Are daily routines predictable or constantly reactive?					
8	Does your family have defined weekly rhythms (meals, chores, planning)?					
9	Do household systems break down during busy seasons?					
10	Are tasks often repeated because instructions were unclear?					
11	Is there a consistent system for managing scheduling?					
12	Are expectations for how things are done clearly communicated?					

PART 3 - DOMESTIC STAFFING (IF APPLICABLE)

		1	2	3	4	5
13	Are job roles clearly defined for each staff member?					
14	Are expectations documented or verbally communicated?					
15	Do staff rely heavily on one person for direction?					
16	Is there a clear process for feedback and correction?					
17	If a staff member leaves, is it easy to onboard someone new?					
18	Are performance standards clearly defined?					

PART 4 - INFORMATION & DOCUMENTATION

		1	2	3	4	5
19	Are important documents easily accessible?					
20	Are household procedures documented or mostly remembered?					
21	Do you have a centralized location for key family information?					
22	If you were unavailable for 30 days, could someone else run the home smoothly?					
23	Are children's routines and responsibilities clearly outlined?					
24	Are financial processes transparent between adults?					

PART 5 - TRANSITIONS & RESILIENCE

		1	2	3	4	5
25.	How well does your home adjust to major life transitions?					
26.	Are contingency plans in place for travel, illness, or emergencies?					
27.	Do new seasons (school changes, work pressure) disrupt the home significantly?					
28.	Are family expectations revisited as children grow?					
29.	Does your home rely heavily on specific individuals to function?					
30.	Are systems periodically reviewed and improved?					

PART 6 - LEGACY & KNOWLEDGE TRANSFER

	1	2	3	4	5
31. Are children being intentionally taught life management skills?					
32. Do children have age-appropriate responsibilities?					
33. Are family values clearly articulated?					
34. Are financial conversations happening with children?					
35. Do children understand how the household functions?					
36. Are leadership and responsibility modeled intentionally?					

BONUS Diagnostic Questions

1. What would break if you stepped away for 30 days?
2. Which responsibility(ies) feel(s) heaviest right now?
3. If your children copied your current family model, would it produce stability or stress?

Interpreting your results

The Family Architecture Assessment™ often uncovers patterns that are difficult to see while you are inside the daily rhythm of family life.

Your score may indicate areas where your home is functioning well and areas where the structure supporting your household may be under more pressure than expected. The interpretation guide will help you understand what your results actually mean and what families typically do next once these insights become clear.

Enter your email below to unlock the complete interpretation guide.

[See Results](#)

Family Life Projects

The Family Architecture Assessment™ was developed by Family Life Projects (FLP) as part of its proprietary methodology for designing structured and sustainable family systems.

This resource is provided for personal use only and may not be sold, shared publicly, redistributed, or used for commercial purposes without written permission from Family Life Projects.

We appreciate your respect for the work and research that went into creating this tool.