Self-Reflection

As you think about helping children in your care develop a healthy sense of self, it is important to reflect on your own early experiences that shaped your self-concept and resilience. Take some time to reflect on your own sense of self as you answer the following questions.

What two skills do you feel you are really good at? When did you know you were good at these skills?

Describe a time when you doubted your ability in these two skills. How did you overcome this doubt and persevere?