

# My Identity as a Care Giver

## WHO AM I AT WORK?

Questions including the following are directed towards assisting you reflect on your identity as a care giver. Think about the significance of your role and the accompanying responsibilities you have in relation to your role as care givers.

1. I enjoy the following about my job:

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2. My greatest work achievement is:

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3. My expectations of myself at work are:

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4. I model care by / when:

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5. I make a difference in my role by / when:

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6. Children learn the following from being in my care:

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7. The 3-5 things about my job that I like and find satisfying and /or exciting are:

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8. My special strengths / talents at work include:

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9. My strengths / talents contribute to the success of the program by / when:

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10. The aspects of my job that I most enjoy are:

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11. The aspects of my job that I least enjoy include:

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12. I feel most comfortable / uncomfortable in the following care situations:

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13. My emotional triggers as a care giver include:

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14. I respond to my triggers by:

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15. I respect children's individuality by / when:

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16. When something is hard / when I make a mistake I usually:

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17. The 3-5 things I do brilliantly in my job include:

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18. I care for myself at work by / when:

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19. The legacy I will leave in my present role will be:

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23. If I were to do one thing that I know would make a significant, positive impact in my work or professional life if I did it superbly well, what would that one thing be?

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