

MY HAT CHECK:

A quick check before I
respond.

What hat am I wearing right now?

- Parent
- Spouse
- Teacher
- Caregiver
- Friend
- Employee
- Other

What is my goal in this moment?

- Encourage
- Teach
- Support
- Problem Solve
- Listen
- Celebrate
- Other

**Before I
respond,**

I Check....

What hat am I wearing?

What does my loved one need?

How can I support independence?

*The right hat at the right time can make all
the difference!*





How to Use "My Hat Reflection"

Purpose:

This reflection activity encourages meaningful conversations about the roles we fill, helping individuals recognize their strengths, identify challenges, and celebrate personal growth.

Directions

1. Think About Your Roles

After completing the My Many Hats visual, take a few minutes to reflect on the different roles you identified.

2. Answer the Reflection Questions

Discuss or write your responses to each question.

- Which hat feels easiest to wear?
- Which hat feels the most challenging?
- Which hat did no one prepare you for?

There are no right or wrong answers. The goal is simply to reflect on your experiences.

3. Share Your Thoughts

If completing this activity with a family member, educator, or provider, take turns sharing your responses. Listening to different perspectives often builds understanding and strengthens relationships.

4. Reflect Again Later

Return to this activity every few months. As your confidence grows and life changes, your answers may change too.

Goal:

Encourage self-reflection, build self-awareness, and recognize that every new role is an opportunity to learn, grow, and develop greater confidence.

