

MY MANY HATS

I wear many hats everyday!
Each hat is an important part of who I am.

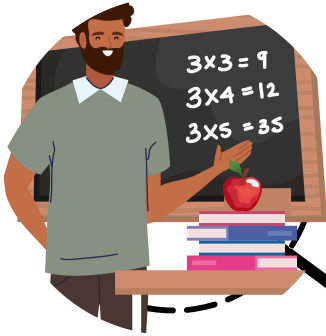
PARENT



CAREGIVER



TEACHER

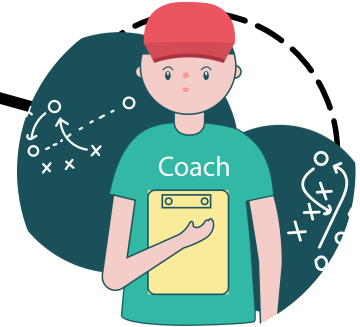


SPOUSE



ME

COACH



OTHER: ___

EMPLOYEE



TAKE A MOMENT & REFLECT

- What hat feels easiest?
- Which hat feels hardest right now?
- Which hat did no one ever prepare me for





How to Use "My Many Hats"

Purpose:

This visual helps individuals recognize the many roles they fill throughout their day. Understanding these different "hats" builds self-awareness and helps explain why some days feel more demanding than others.

Directions

1. Identify Your Hats

Look at each hat and talk about the different roles you currently have. Examples may include parent, teacher, coach, advocate, caregiver, employee, friend, or community member. If there are blank hats, write in additional roles that are unique to your life.

2. Discuss What Each Role Means

Choose one or two hats and talk about the responsibilities that come with each role. Consider how those responsibilities may be different depending on the situation.

3. Recognize Role Changes

Throughout the day, point out when your role changes. For example, you may leave work as an employee and return home as a parent or caregiver. Helping your loved one recognize these transitions builds flexibility and understanding.

4. Revisit as Life Changes

As new opportunities and responsibilities arise, update the visual by adding new hats or discussing how existing roles have changed.

Goal:

Increase awareness of the many roles we fill each day while helping individuals understand that every role brings different responsibilities, opportunities, and expectations.

