



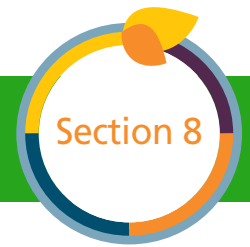
Appreciative Inquiry Reflection Sheet

Taking time to recognize and honor our strengths is a helpful strategy in building our compassion resilience. Take a moment to reflect on your strengths as it relates to parenting and caregiving.

1. Considering your entire time as a parent/caregiver, recall when you feel most alive, most involved, or most excited about your role as a parent/caregiver?

2. Using the example you wrote down for question one, answer the following questions.
 - a. What makes it an exciting experience? What gives it energy?

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b. What is it about you that contributes to the experience?

c. What do you value the most about yourself – as a human being, a citizen, a caregiver?

3. Insert your group members' comments about how you added to the quality and joy of their group experience here (they will be emailed to you after your final group).