


Strengths – Limits – Supports


Self-Reflection Chart | Informal & Formal Carers

Reflect and write. Use the columns below. Write as much or as little as you like. There are no right or wrong answers.

 **Strengths**


What I can offer

*What strengths do I bring to my caregiving role?
What am I good at?*

 **Limits**

My limits & emotional triggers

Where do I experience stress or find things difficult? What drains my energy?

 **Supports**

What support I need

What helps me collaborate better and feel more sustainable in my caring role?

After completing this chart, choose 3 to 5 key points to transfer onto your My Profile card.

This chart is yours. You choose what to share with your trainer or peers.

FairCare Project | Erasmus+ KA220-ADU | Inclusion & Self-determination