

Reflection Worksheet

Who We Are

Confidence + Identity

As Community Health Workers, our identity is one of our greatest strengths. This worksheet is your space to pause, reflect, and reconnect with who you are through the experiences, values, and strengths you bring to every community you serve.

❖ My Story

What led you to become a Community Health Worker?

What community do you serve and what connects you to them?

❖ My Strengths

List 3 – 6 strengths you bring to your work as a CHW:

1. _____	4. _____
2. _____	5. _____
3. _____	6. _____

❖ Confidence Check-In

When do you feel most confident in your role as a CHW?

What is one area where you'd like to grow your confidence?

❖ My Voice

Complete this sentence: As a CHW, I want others to know that I...

“Your identity is not a barrier.....it is your bridge to the community.”