

## **Finding Meaning Reflect and Act Worksheet**

Being a parent of a child with special health care needs can be overwhelming. Use this worksheet to help you focus on the positive and find meaning in your situation.

**What meaningful experiences or positive encounters with others have you experienced as a result of your child having special health care needs?**

**What have you discovered about yourself since your child with special health needs came in to your life?**

**What has your child taught you?**

**How has your experience affected your spirituality? Your view of the world? Your philosophy of life?**

**Jot down any other thoughts you may want to capture:**



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