

Purpose and Meaning

Activity

Think of a time someone shared a positive impact you made on them. It could be from a performance review of even a kind word shared passing each other in the hallway. Something that makes you smile.

Write it down:

Keep it nearby to remind yourself of the impact you have on your team, the people you serve or support, your colleagues, and your community. Let it be a reminder of what inspired you to join this position, this field, this team, or support this community.

When you find yourself questioning your efficacy or feeling detached from your purpose or community, repeat this praise as an affirmation to bring you back to your purpose and hope.

Don't forget to share a kind word with someone else, too. You could be providing them a future affirmation!