

QUOTE

*"The meaning of life is to find your gift.
The purpose of life is to give it away."*

— Pablo Picasso



THE 'WHY' BEHIND OUR WORK

In the daily routines of home visiting—scheduling visits, filling out forms, preparing activities—it can be easy to forget the deeper “why” that brought us here. **Purpose is what transforms tasks into meaningful acts.** It’s the steady voice that reminds us: I am here to empower families, to strengthen bonds, and to help children thrive.

When we connect with our purpose, challenges feel less overwhelming. A tough day becomes a reminder of resilience. A difficult conversation becomes an opportunity for trust. **Purpose grounds us in the knowledge that our work matters**—not only in the lives of families today but in the future stories those children will one day tell.

Parents, too, draw strength from remembering their “why”. Every story, every hug given, every challenge faced with patience is an investment in their child’s future. As home visitors, you have the privilege of helping families launch that sense of purpose. And in doing so, you keep your own “why” alive—fueling the passion and persistence that makes this work more than just a job.

REFLECTION

1. When do you feel most connected to your purpose as a home visitor?
2. How does finding purpose support your own growth and well-being?
3. How does your work connect to your personal values?
4. Who inspires you to keep going on difficult days?

TIPS

Stay grounded in your “why” by exploring mutual purpose with your families, and building resilience together resulting in long-term growth. How?

1. **Connect with your purpose by reminding yourself of your “why” each day.** Write it down and post it where you see it every day. Or you could keep a small notebook and write down one meaningful moment at the end of each visit, such as a parent expressing gratitude or sharing a family success story.
2. **Share your “why” with your colleagues and with the families you serve, and ask them what their “why” is.** This helps us all recognize and support each other better. By asking parents what their dreams and motives are in raising their children you can connect daily routines, including HIPPy, to bigger goals. It will also help you craft encouraging words to help them link actions to values.
3. **Build resilience in yourself and families by revisiting your why, your motivations, and your life goals when times get tough.** Use gratitude practices to reconnect to your purpose, and remind yourself that progress often happens in small steps. Always take time to celebrate milestones and successes, of your own and of others, and celebrate persistence as much as success. On tough days, revisit notes or thank-you messages from families or a coworker. Know that others will lean on your notes and messages too when times get tough, so don’t hesitate to share kind messages with others.
4. **Know that your work is shaping your own future, the families you serve, and your community.** Continue to grow by seeking out professional development that inspires you. Mentor others (such as parents, or new home visitors) to keep your own “why” alive. Learn from others’ stories of hope and resilience, and share your own story of challenges and triumphs.