



Finding Purpose: The Why Behind Our Work

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There's **good news and bad news** about engaging in meaningful work. Good news: when people find meaning in their work, they are less likely to burnout. Bad news: this is only true when workload, administrative support, and supervision are adequate. Regularly connecting with the deeper "why" behind our work is a strategy that helps us rally when the daily grind overshadows the mission. Your support is key to helping home visitors navigate the challenging aspects of their work. Exploring our personal and team sense of purpose reminds home visitors that they are part of something bigger—creating generational change through education, support, and advocacy. This issue of One Visit at a Time helps your team reconnect with their "Why" and allows home visitors to inspire each other. It's a good activity to come back to help recharge your sense of purpose, and can easily be adapted to a home visit so we help parents connect with their own "Why".

LET'S TALK:

Discussion questions (3-4) ideas

- What inspired you to become a home visitor?
- What keeps you going when things get tough?
- What do you want families to remember about their time with you?

THREE MORE IDEAS of how to use today's insert with your team:

- **VIDEO** - View [this short video](#) together, then discuss using one or more of the LET'S TALK questions as prompts.
- **WORDS OF AFFIRMATION** - Share a personal affirmation that guides your work, and ask each home visitor to take a few minutes to develop their own affirmation. Invite each person to state their affirmation.
- **REFLECTING TOGETHER** - Post the REFLECTION questions on chart paper around the office and encourage your home visitors to add their own ideas over the course of the upcoming week. Next week when you meet again, go over their answers.

Give each home visitor a copy of [One Visit at a Time](#) (digital or hard copy). Depending on how much time you want to spend on this topic you can keep it as simple as giving them the insert to read and asking them how they would like to apply the **Reflection Questions** (on the handout) this week. If you have 10-15 minutes you can use one or two of the **LET'S TALK** questions on the right, which would give your team an opportunity to connect. For a deeper dive into the topic, open with a question, add one or two of the **THREE MORE IDEAS**, and the **TRY THIS** activity below. Any materials needed for the **TRY THIS** activity are underlined.

TRY THIS: Values Sorting

Here is a [list of values](#). Select your top three and mark them (3 min). Now pair up and each take 5 minutes to share how these values show up in your work (10 min). As a group let's combine these values into a team statement reflecting our shared values (10 min). Now that we have a team "Why", what could we do with it? Where can we put it so we're reminded? How can we help parents connect with their own sense of purpose?