



Week 2: Exploring Your Why

Key Takeaways:

- Each of us has a 'why,' a reason we do what we do. As said by Michael Jr., "When you know your 'why', your 'what' has more impact because you are walking in or toward your purpose."
- A vision is "an aspirational description of what an organization would like to achieve in the mid or long term." It describes a clear outcome of what we would like to achieve. It should dare us to dream and to think big. It should evoke emotion and inspire us.
- A mission statement describes what you do and who or what you do it for. A good mission statement supports your vision. The following summarizes Origins' vision and mission.

Vision Statement	Mission Statement
<ul style="list-style-type: none">• Create a world where root causes are the starting point for understanding of health and behavior	<ul style="list-style-type: none">• To support the development of leaders in their journey to build more resilient organizations and communities through the integration of a trauma-informed approach

Activity: Work through the following questions either individually or as part of your Resilience Champion team. (You may use the worksheet as a tool to support the activity.)

- 1. Explore Your Why:** Think about what brought you to your setting in the first place. Why do YOU do what you do? (We challenge you to peel back the layers on this question and consider how your own past experiences with risk and protective factors may have influenced your path).
- 2. Articulate a vision statement:** What is your dream for your setting?
- 3. Articulate a mission:** How are you going to achieve your vision?

Discussion post: Post your answer to these questions:

- Why do YOU do what you do? (We challenge you to peel back the layers on this question and consider how your own past experiences with risk and protective factors may have influenced your path).
- What are your vision and mission statements for your setting?

Worksheet 3 - Exploring Your Why

WDYDWYD?

Think about your setting. If you are a parent, why? If you are a healthcare provider, why? If you are a teacher, why? What drives you in your work?

Questions to brainstorm:

- Why do you do what you do? (Ask yourself “but why” 4 more times).
- What keeps me moving when I want to stop or am faced with a challenge?
- What keeps me on track when I am feeling stuck or off the path?

Things to consider- If you are a parent and you are doing it because you want to raise healthy children, that is going to drive your parenting choices. If you are in healthcare because you want to help people be well, think about how that might affect your patients and co-workers. If you are a teacher because you want to support the learning of children, how might that affect the children and their parents?



Take those notes and create a vision statement for yourself:

Worksheet 4 - Exploring Your How

Think about your setting and your why. If you chose your role as a parent and your why is that you want to nurture healthy children, how do you achieve your why? If you are a healthcare provider and your why is that you want to support health within your community, how do you do this? If you are a teacher, and you want to educate children, how do you do this?

Questions to brainstorm:

- How will I achieve my vision?
- What do I have control over that will support my vision?
- Does this “how” contain all areas of how I will achieve my vision?

Things to consider- If you’re a parent and you’re doing it because you want to raise healthy children, how will you do that? If you’re in healthcare because you want to see intergenerational change in the health of your patients, how will you do this? If you’re a teacher because you want children to learn, what is within your control that will help you be successful?



Take those notes and create a mission statement for your setting:
