

Why x 5

Resilient people know what they stand for. They know their purpose and their values. These are the things they draw on to get through adversity. Asking yourself “**Why?**” over and over again means you can (re)discover what really matters to you.



Why are you a ?
(your job role)

Why?

Why?

Why?

Why?

Why?

You can use these questions to get clear on what your purpose is and what you stand for.

It's OK to have a few attempts at this until it becomes meaningful for you.

If you feel stuck, look at your organisation's vision and values statements.

***What* DO YOU STAND FOR?**

***Why* DO YOU DO YOUR JOB?**

I stand for...

.....
.....
.....

Remembering what you stand for will help you keep your resilience when things are tough. What you stand for gives you a sense of purpose.

.....
Insights from living out my values

.....
.....
.....
.....
.....
.....

.....
Intention for tomorrow

.....
.....
.....
.....
.....
.....