

# Wellness Together: Cultivating Community and Mental Health

## in your place of work

**My big why statement.** In a sentence or two, answer “What brings me to this work?” Do this a total of five times. Your answers don’t need to make sense to anyone other than yourself.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Once you have your 5-10 sentences, review and look for patterns in your answers. Then combine these into a single **big why** statement.

**Bridges and barriers to meeting your big why.** Take a few moments to write what you need in order to experience your big why to the fullest extent possible and a separate list of things that interrupt your big why. You might find it useful to separate these lists into two categories: internal (at work) and external (outside of work).

	Internal at work	External outside of work
<b>Bridges</b> Needs to experience your big why to the fullest extent possible		
<b>Barriers</b> Interruptions in experiencing your big why to the fullest extent possible		