

UNEXPECTED & POWERFUL · SELF-AWARENESS

What Motivates Me in This Work

Values clarification for advocates — understand your fuel before you run out of it

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Understanding what drives you helps you communicate it to others, sustain it when things get hard, and protect it when the work tries to strip it away. This is not soft. This is strategic.

YOUR MOTIVATIONS

- Justice — something was wrong and I want to make it right
- Legacy — I want my life to mean something beyond my immediate circle
- Community — I belong to these people and they deserve better
- Personal experience — this issue touched my life directly
- Career — this work aligns with the change I want to make professionally
- Faith — my values demand I show up for the vulnerable
- Something else (describe below)

My deepest motivation in one sentence (not for the website — for you)

YOUR FUEL

What gives me energy in this work?

What drains my energy in this work?

The person or community I think of when I need to remember why I do this

PROTECTING YOUR MOTIVATION

What do I do to reconnect with my motivation when I'm running low?

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