



Everyone has creative interests and passions that enrich our lives. These passions connect to our sense of purpose, personally and professionally. When we're able to connect our passions and purpose to our jobs, we improve the quality of our work and increase our sense of achievement and fulfillment.

We are far more likely to stay motivated and find meaning in our work when we are intentional with our time, energy and focus. Use this activity to reflect on what inspires your team to do the work they do and how they bring their own skills and passion to the workplace.

→ [TheWellnessSandbox.ca](http://TheWellnessSandbox.ca)

**TIME TO COMPLETE:** 10 to 15 minutes



## Instructions:

- 1 Have a brief discussion about why passion and purpose at work is important and how it can impact well-being.
  - A. Passion is about what makes us feel good and includes the emotions and motivation to do what we love. Purpose is why we do what we do—it's how we contribute.
- 2 Ask participants to read through the 5 W's and reflect on their work for a few minutes before completing the worksheet.
- 3 Once they've finished, invite participants to divide into pairs or small groups and share one to three of their W's.

## Discussion:

- How did this activity make you feel? Do you feel more inspired?
- Which "W" resonated the most with you?
- How can you incorporate your passion into work more often?
- After splitting into pairs or small groups, did you discover similar reasons for getting into this line of work? Were there any differences?

**Encourage** your team to think about how they can revisit their W's at work more often. How can your team be more intentional about bringing their passion and purpose to work and what could this look like?

### Sources

- Carrington, Dr Jody. (2020). *Kids These Days: A Game Plan For (Re)Connecting With Those We Teach, Lead & Love*. [Audiobook]. IMPress, LP.
- Moore, Karl. (2015, January 15). The Great Power of Connection Passion with Purpose. *Forbes*. <https://www.forbes.com/sites/karlmoore/2015/01/19/the-great-power-of-connecting-passion-with-purpose/?sh=3c5b64948784>

# Your 5 W's

## Why

did I initially get into this line of work?

## Who

inspires me at work?

## When

did someone (i.e. colleague, family member or student) tell me that I made a difference?

## What

parts of my job do I enjoy the most?

## Where

are opportunities to bring my own skills and passion to my work?