

Career Purpose and Passion

Discovering Greater Joy and Fulfillment in Your Work

It's well known that people with high career well-being are 50% more likely to thriving in life overall (Rath and Harter, 2010). This worksheet is designed to help you discover (or re-discover!) your career passions and renew your energy for work. The goal is to gain clarity on your current situation and to create a personalized action plan that ignites your career passions.

Passion: *A strong or enthusiastic desire for something*

Why did you want to enter the profession of nursing? Why did you start a career in nursing? What lights you up and sets your heart on fire about nursing?!

Values: *One's judgement of what is important in life*

What do you value most in your work? What do you value most in the field of nursing?

Leadership: *A social process that enables individuals to achieve collective results together (Center for Creative Leadership, 2024)*

How are you going to teach and communicate these important passions and values? You must Live, Speak, and Encourage them.

How do you plan on modeling your passion and values in your everyday work?



LIVE IT

How do you plan on modeling your passion and values in your everyday work?



SPEAK IT

How will you encourage your passions and values with others and encourage others to develop their own?



ENCOURAGE IT

What aspects of your job excite you the most? Or used to excite you the most? And if “used to”, how have these changed?

Can you identify any potential risks for career burnout? Or if you feel you are experiencing burnout, can you identify the primary causes?

Reflect on the connections you have at work. How can these be strengthened to better support you?

What small changes can you make in your daily routine to prevent burnout and to bring more energy and excitement to your work?

What new professional goals can you set to kindle your career enthusiasm?

How can you incorporate more effective coping and self-care skills into your daily life?

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| ☐ Meditation | ☐ Writing or Journaling | ☐ Sleeping |
| ☐ Mindfulness | ☐ Friendship | ☐ Nutrition |
| ☐ Time to Yourself | ☐ Humor | ☐ Meal Planning |
| ☐ Physical Activity | ☐ Hobbies | ☐ Hydration |
| ☐ Stretching | ☐ Spirituality | ☐ Others: |
| ☐ Reading | ☐ Pets | |