

# Bringing It All Together

## Reflection Questions

Take a moment to reflect on the following questions:

1. **Why do you do this work?**
  - Consider your core beliefs and values. What drives you to contribute to prevention efforts?
2. **What personal experiences have shaped your commitment to prevention?**
  - Think about moments in your life that have influenced your dedication. How did these experiences impact you?

## The Golden Circle Model

### Identify Your WHY

Start by identifying your *WHY*. This is the purpose that inspires you and underlies all of your work.

- **Complete the sentence:** "I believe that..."
  - Reflect on what makes you passionate about prevention.

### Define Your HOW

Next, consider *HOW* you bring your WHY to life. These are the actions and strategies you use in your work.

- **Complete the sentence:** "That's why I..."
  - Think about the methods and approaches you use to fulfill your mission.

### Describe Your WHAT

Finally, identify your *WHAT*. This is the tangible manifestation of your WHY and HOW. It includes the outcomes and impacts of your work.

- **Complete the sentence:** "Here's a story that shows the impact..."
  - Share an example or story that illustrates the difference your work makes.

## Crafting Your Statement

With your WHY, HOW, and WHAT clearly defined, weave them into a cohesive narrative. This statement can be a powerful tool for communicating your purpose and motivating others.

### Example Structure

1. **WHY:** "I believe that..."
2. **HOW:** "That's why I..."
3. **WHAT:** "Here's a story that shows the impact..."