



# MOTIVATION MAPPING

aligning your personal  
mission with your mental  
health initiative



## motivation mapping

One of the keys to building personal resilience is a deep connection to meaning and purpose. When creating mental health initiatives, this is especially important, because mental health challenges can be very long-lasting. In order to stay focused, driven, and committed, it is important to identify from the very beginning the reason why you're doing this.

The challenge here is to resist focusing your answers wholly on the participants of the program or the members of your community. Whether or not you share experiences and identities with participants, you must identify why this work is personally meaningful to you. Even if your colleagues feel similarly, your answers should be unique.

## instructions

Start at the center with identifying your values and your sense of calling. Values include qualities, ideas, and postures that are highly desirable to you: love, courage, mutuality, humility, faithfulness, thoroughness, diligence, compassion are all examples. Try to narrow your list of values to just a few, as these will be the key values that guide your leadership.

Your calling captures the life, work, relationships that you believe you were meant to have. This does not have to be your permanent answer for the rest of your life; simply write down what you believe you are meant to do right now.

Next, fill in each of these quadrants from the lens of your identified values and calling. Why is it important for you to participate in the healing and wellness of others? How do the ideas of healing and wellness fit into your broader sense of purpose?

If you're comfortable, invite your team to each fill out this worksheet and share your responses with each other. Understanding each person's deepest sense of purpose can help you work together more effectively. Revisit this exercise periodically to ensure alignment.



related tools: organizational snapshot, empathy exercise, mental health problem definition



# motivation mapping

our organization's mission and activities connect to my values and calling because...

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the communities we serve enable me to live my values and calling because...

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start here

**my values:**

the qualities I want to demonstrate in my life are..

**my calling:**

I believe I am alive in this time and place because...

my own healing matters in the pursuit of my values and calling because...

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our participants' healing and wellness matter to me because...

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I still need healing in these areas:

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