

Maintaining a Sense of Purpose in Crisis

It's natural when things are stressful, scary or unpleasant, to question whether you're in the right place and whether you should quit. Be gentle with yourself – this doesn't make you a bad person. Rechecking on our life choices is a healthy thing. Don't make any hasty decisions – the middle of a crisis is not a good time to make major life decisions. Here's an exercise to help you recenter yourself and recommit to your purpose in your work.

- 1. When you first decided to become a doctor/nurse/PA etc, what attracted you to the job?** Think back to your naïve and optimistic assumptions. What would younger you have said? Jot down your answers.
- 2. What are the positive things in your job that you didn't anticipate when you chose this profession?** Are there plusses you didn't know about? Side benefits that you could never have anticipated? Make a list.
- 3. What is the very worst thing about your job – the thing you never would have imagined when you signed up?** Write that down too.
- 4. In what way, in the current crisis, are you fulfilling your dreams from #1? In what way are you experiencing the benefits of #2?**
- 5. In what ways are the aspects of #3 coming to the forefront for you?**

Imagine a balance scale, with your answers from #1 and #2 on one side and #3 on the other.

- 6. What is one thing you can do to increase the weight on the positive side?**
- 7. What is one thing you can do to decrease the weight on the negative side?**