



“My Why” Worksheet

To foster self-awareness, resilience, and renewed commitment by helping officers articulate:

- Why they chose this profession
- What keeps them going during difficult moments
- How their personal values align with their professional mission
- What impact they hope to have on youth, families, and the system

➤ **Section 1: Personal Reflection**

- ✓ “What inspired you to become a juvenile probation officer?”
- ✓ “Describe a moment when you felt proud of your work.”
- ✓ “What values guide your decisions and interactions?”

➤ **Section 2: Professional Identity**

- ✓ “How do you define success in your role?”
- ✓ “What does advocacy look like in your daily practice?”
- ✓ “How do you balance authority with empathy?”

➤ **Section 3: Resilience & Renewal**

- ✓ “What helps you stay grounded when the work gets tough?”
- ✓ “Who or what reminds you of your impact?”
- ✓ “What legacy do you want to leave in this field?”

➤ **Section 4: Action Commitment**

- ✓ “One thing I will do this month to stay connected to my ‘why’ is...”
- ✓ “One youth I want to show up for with renewed purpose is...”