

4 POINTS

Helping the Helpers

Studies show that those in the helping field can increase their professional fulfillment and help protect against compassion fatigue by regularly embracing four simple points: Connecting to their mission, feeling valued by team members, equipping themselves for their work, and practicing self-care.

Try a new worksheet each week and get in the habit of taking care of your team and yourself.

1

Mission

Mission: Write down your personal or organizational mission.

Review how you helped move this mission forward this week. Why does your work matter to the mission?

Value Others: Reflect on Point 1. What did one of your co-workers do this week to help move your mission forward. Tell them why their work matters too.

2

Member

3

Method

Equip Yourself: Keep up to date by researching what new trends are emerging in your field. Ask yourself if there is anything that your organization can learn from?

Self-Care: Make spending time with someone you love a priority this week, even if its not convenient. You will be glad you did.

4

Me Time

Taking care of the people who care for others.

4 POINTS

Encouragement for the Soul

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1

Mission

Mission: Reflect on why your mission matters. Do you know of anyone who needs these services, but hasn't been served by your organization or others like it? What happened to them? How would things have looked different if they had been able to connect with these services? How does your organization write a different story for those who do connect?

Value Others: Ask one of your co-workers about their day. Then really listen. Make it a point to ask a follow up question later in the week.

2

Member

3

Method

Equip Yourself: Intended impact is a statement or series of statements that boils down what an organization (or staff member) is trying to achieve, how it will be achieved, and the timeline for doing so. Reviewing your job's intended impact can help you see if you are on track with meeting goals or if adjustments need to be made.

Write down your intended impact. What needs to happen in order to achieve your goal? Who can help you make adjustments if needed?

Self-Care: Sometimes we can be our own worst critics. Ask yourself if you are spending too much time comparing yourself to others or trying to be perfect. If you are stop and give yourself grace instead.

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Mission

Mission: If you have a special Bible verse that strengthens your mission write it down here. Reflect on what it means to you. If you don't have one, now is a great time to find one.

2

Member

Value Others: Brag on one of your co-workers in front of a large group. Spread the good things they do to others.

3

Method

Equip Yourself: We all have things that come naturally for us and things that don't. Both are important to our jobs.

If you are an organizational check-list person, block off time this month to invest in relationships related to your field. If you are a relational people person, block off time to organize your files.

4

Me Time

Self-Care: People connect with their faith in different ways. Think about when you feel most connected. Are you in nature? Praising during worship? Quietly contemplating scripture? Writing in a prayer journal? Or are there other ways in which you feel most connected? Identify what is most meaningful to you and then be intentional about doing it this week.

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1

Mission

Mission: Reflect on this passage: **Matthew 19:26** *Jesus looked at them and said, "With man this is impossible, but with God all things are possible."*

Ask yourself this question, "If you could do anything for your mission and knew that you could not fail, what would you do?"

Invite God into your dreams. Pray for clarity and seek His will for your life and mission. Remember, nothing is too big for God.

Value Others: If any of your co-workers are struggling with a project, offer to help them out. A little kindness goes a long way in deepening relationships.

2

Member

3

Method

Equip Yourself: Seeing things from other people's perspectives matters when it comes to making an impact. What groups of people does your organization serve that you should learn more about? Connect with people whose life experiences are different from yours and learn from their stories. This is a game changer!

Self-Care:

Ask yourself if there is any place in your life that you may want to set boundaries in order to respect your own needs. Remember that your needs matter too!

4

Me Time

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