

# Your Why Matters

We all have different reasons for working in the field of substance use prevention. It is essential to pause and rekindle our connection with the profound spirit that fuels our efforts and reminds us of the "why" behind what we do.

**Use the prompts below to help define your why and think of ways you can share it:**

➔ **What is your why?**

**List ways (how/where) you can share your "why":**

**Knowing your "why" matters because it is energy-giving. It can help you through challenges in a field that requires a lot.**