

# Unlocking Meaningful Care

## Step 1: Personal Exploration



- What are your strengths?
- What are your interests?
- What relationships do I have that support me in this role professionally and personally?
- Am I comfortable thinking about myself as powerful? [LEARN MORE](#)

## Step 2: Role Exploration

### Define your power

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Micro:



Meso:



Macro:



### Find your influence

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Access:

Initiate:

Sustain:



## Step 3: Get Unstuck

### Reflection Questions:

- Am I spending time in the areas I have the most influence?
- Am I acknowledging what I am doing well (e.g. working within my power and influence)
- Does the power I am using solve the problem I am having?

### My action steps to get unstuck and provide more meaningful care

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