

# RESILIENCY

Resiliency During Crisis: Discover Your *Why*

“Passion is energy. Feel the power that comes from focusing on what excites you.”

– Oprah Winfrey

## Do you know your *Why*?



1. **Your Passions:** What makes you come alive and puts a “fire in your belly?”
2. **Your Strengths:** What things naturally come easy to you?
3. **Your Talents:** Where do you add the greatest value at home, at work, and in your community?
4. **Your Values:** What are your core values and how are you aligning with them?

There are many ways to discover your life’s purpose. Answering these four questions can help you gain deeper insight about who you are and how you relate to the world.

Need more help? EAP: (314) 747-7490 – 24 hour, virtual hotline available  
Visit the BJC COVID-19 site for additional Wellness Resources – [covid19.bjc.org](https://www.covid19.bjc.org)