

# Coming Back to Your Why

## A Reflective Follow Up for Welcome Baby Outreach Specialists

**Facilitated by**

**Alex Flores M.A.**

Reflective AF Coaching and Consulting

*Lead with love. Just breathe. Keep going.*

---

## Before You Begin

Thank you for showing up and taking time to reflect on your work.

This handout is an invitation, not an assignment.

You do not need to complete everything at once.

You do not need to have the “right” answers.

This is a space to slow down, reconnect, and come back to what grounds you in this work. You can return to these reflections whenever you need a pause, a reset, or a reminder of why what you do matters.

Take what supports you. Leave the rest.

---

## Reflection as a Practice

Reflection is a way of listening inward.

It is noticing what is happening inside you and making meaning from your experiences.

Reflection helps you

- Slow down
- Notice patterns
- Reconnect with purpose
- Respond with more intention

You can reflect through writing, quiet thought, walking, or conversation.

There is no one right way.

## Coming Back to Your Why

Your why is the deeper reason behind your work.  
It lives beneath the tasks, procedures, and expectations.

Take a few moments to reflect on the questions below. Write as much or as little as feels right.

### What grounds you?

What values, experiences, or relationships help steady you in this work?

---

---

### What guides you?

What inner compass shapes how you show up for families and community partners?

---

---

### What keeps you connected?

What moments remind you why this work matters?

---

---

### What gives your work meaning?

What purpose lives beneath the tasks and brings intention and heart to what you do?

---

---

---

## Noticing Yourself in the Work

Your presence matters. Families feel how you show up long before services begin.

Take a moment to reflect on your own experience.

Think of one moment when you felt grounded and present in your work.  
What did you notice in your body?

---

---

Think of one moment that felt challenging or overwhelming.  
What did you notice then?

---

---

What feels different in your body when you are present compared to when you feel rushed or disconnected?

---

---

---

## Grounded Awareness

Grounded awareness is about noticing what is happening inside you.

It might sound like

“I’m feeling tense.”

“I’m calm right now.”

“I’m moving fast.”

“I need to slow down.”

Awareness creates choice. When you notice your internal state, you have more options in how you respond.

---

## Grounded Practices

Grounded practices are what you do with that awareness.

These are small actions that help you stay connected to yourself and your why during the workday.

Check one practice that feels supportive right now.

- Pause and orient. Briefly notice where you are and that you are safe.
- Slow your pace. Intentionally speak a little slower during a conversation.
- Body check in. Notice tension and soften one part of your body.
- Purpose reminder. Quietly remind yourself why this work matters to you.
- Transition reset. Take a short pause between tasks or calls before moving on.

**When might you use this practice during your day?**

---

---

---

## **The Parallel Process**

How you feel matters.

How you show up matters.

When you feel grounded and present, families often feel more seen, heard, validated, safe, and valued.

Caring for your own awareness and presence is not separate from supporting families.  
It is part of the work.

---

## **Closing Reflection**

As you move forward, you might return to this question from time to time.

**What helps me stay connected to my why, especially on the harder days?**

---

---

---

Thank you for reflecting and connecting.

Thank you for the care you bring into your work with families and the community.

*Lead with love, Just breathe & Keep going*