ALIGNMENT · MORALE RECOVERY

Meaning Reset

Rebuild the connection between the daily work and why it matters.

Your name _____

Date _____

Before you start — is this too much work, or has the work stopped feeling worth doing? ☐ Stopped feeling worth doing — carry on ☐ Too much work — *stop here; this is a load problem*

TRACE ONE REAL TASK — ALL THE WAY TO A PERSON

something ordinary you actually did this week — ordinary traces further than impressive

1
The task
one real thing you did this week

→

2
The person it helped
a real human being — by name

NAME:

WHERE THEY SIT / WHAT THEY DO:

not ~~users~~ · not ~~customers~~ · not ~~the business~~ · not ~~stakeholders~~
if you can't name one, trace one step further out

→

3
What it made possible for them
in your own words — what became easier, faster or less painful

→

4
One protecting change
what will keep this visible next month

The test: could you say your line out loud — "[name] can now [do something real] because I [did this task]" — and mean it?

Burnout is often meaning-loss, not overload.

A category can be agreed with — only a person can be felt · the line was always true, it had just gone invisible · your words, not anyone else's · one protecting change, or it fades by Monday.

© Witmer