



The Next Right Thing: Navigating Identity and Purpose Through Your Pharmacy Journey

Participant Worksheet

1. Personal Reflection

What gives you energy right now in your work or life?

What's one belief about your role you want to challenge?

How are you currently showing up in your work and life? *(Consider your mindset, actions, energy)*

2. Drafting Your Identity and Purpose *Complete the following prompts:*

I am a pharmacist/pharmacy technician who...

My work matters because...

The kind of leader/caregiver I strive to be is...

3. Coaching Circle Reflections

As you listen and discuss with your group, jot down key ideas or insights:

Something I heard that resonated with me:

A new perspective I gained:

Something I want to explore or apply after today:

4. My "Next Right Thing"

Based on today's reflections, my next right thing (a small action I will take) is:

Notes & Takeaways

Use this space to jot down key ideas, quotes, or insights from the session: