



REIGNITE YOUR ACCREDITATION **SPARK**

Four steps to revitalize your process.

A reflection worksheet for Accreditation Managers

(Inspired by the Accreditation Made Easy podcast with Areaka Jewell)

Step 1: What zone are you in today?

Circle the one that fits you most right now:

- ☐ Soul-Sucking – I'm burned out and questioning why I'm even doing this.
- ☐ Sleepwalking – I'm going through the motions but feel disconnected.
- ☐ Spark-Igniting – I'm aligned, purposeful, and energized by this work.

Step 2: What used to spark you?

Think back to a time when accreditation felt meaningful. What was different?

Step 3: What's blocking your spark right now?

- ☐ Too many competing priorities
- ☐ Feeling unseen or unsupported
- ☐ Tasks that don't feel meaningful
- ☐ Outdated tools or broken systems
- ☐ Other:

Step 4: Choose your spark strategy

- ☐ Reconnect with your WHY – Write it out, say it out loud, remind yourself who you serve.
- ☐ Cut the noise – Identify one thing to pause, drop, or say 'no' to this week.
- ☐ Find your people – Reach out to someone else who 'gets it.' You're not alone.