

Finding Meaning in Work

1. Describe Your Job Role: What are your primary responsibilities and tasks?

2. Initial Attractions: What attracted you to this job or field initially?

3. Personal Values Alignment: List your top 5 personal values. How does your work align with these values?

4. Contributions and Impact: How does your work contribute to your team, organization, or society as a whole?

5. Growth Opportunities: In what ways does your job allow for personal or professional growth?

6. Relationships and Connections: Describe the relationships you've built at work. How do they add meaning to your job?

7. Challenges Overcome: Reflect on significant challenges you've faced and overcome in your job. How have these experiences contributed to finding meaning?

8. Aligning Work with Values: Identify ways in which your work could better align with your personal values. Consider projects, roles, or initiatives you can undertake.

9. Increasing Impact: Brainstorm ways to increase the positive impact of your work, either within the organization or in the wider community.

10. Deepening Relationships: Consider steps you can take to strengthen your relationships at work, such as mentorship, collaboration, or social activities.

11. Long-term Vision: Describe your long-term vision (next 1-3 years) for how your work can continue to be a source of meaning and fulfillment.

12. Short-term Goals: Set 1-3 short-term goals (next 3 months) that can help enhance the meaning you find in your work.

13. First Steps: Identify the first steps you will take toward achieving your short-term goals and moving towards your long-term vision.
