

Designing Your Life



WORKVIEW REFLECTION

A WORKVIEW addresses the critical issues related to what work is and especially what it means to you. It is not just a list of what you want from or out of work, but a general statement of your view of work. It's your definition – your manifesto – of what good work deserves to be. What you choose to include in your workview is an important part of your workview, so there is no one universally acceptable template for a workview. However, there are a number of questions/topics that commonly arise in many peoples' minds when thinking about workview.

Instructions

On the back, find a table with a number of questions and topics listed that are components of many peoples' workview.

1. Read over the list of questions.
 - a. Reword any questions as you wish, and add questions in the blanks as you need.
 - b. Select at least 3 and not more than 6 questions to address now – pick questions that are important to you with the right breadth & depth for your point of view.
2. Write in your ideas about those 3-6 selected topics.
3. Read over your answers and underline the 3 most important ideas to you.
4. Time permitting, write a 1-2 sentence short statement at the bottom that includes all of these 3 elements (optional – if you run out of time without this step, no problem)

Still unclear on the exercise? Stuck? Read on for more details....

What we're after is your philosophy of work - what it's for, what it means. It's essentially your work manifesto. When using the term "work" we mean the broadest definition - not just what you do to make money or for "a job". Work is your active engagement with the world and can extend well beyond a narrow definition of job or labor or even career. Work is the largest single component of most people's waking lives and over a lifetime it occupies more of our attention and energy than any else we do. Accordingly, we're suggesting you take the time to reflect and articulate what work and vocation mean to you (and perhaps what you hope it means for others as well).

MY WORKVIEW WORKSHEET

NAME: _____ DATE: _____

Top 6 Question / Topic**My Thoughts**

	Why work?	
	What's work for?	
	What does work mean?	
	How does service to others fit in?	
	How does utilization of skills, resources fit in?	
	What does growth or fulfillment have to do with it?	
	How does impact define the value of work, and by what measure? ...scale?	
	How does success relate to work being "good work" or not?	
	What about money?	
	What makes work "good"?	
	What's the importance of collaboration with others?	

Summary Statement (1-2 sentences, taken from your Key 3) _____

Designing Your Life



LIFEVIEW REFLECTION

There are many approaches to writing a lifeview and various prescriptions for what they need to include. On the back are some questions which are classically addressed in a lifeview, though which are the important questions is a matter of choice. The key thing is to address those critical defining values and perspectives that provide the basis for your understanding of life, that create the platform that interprets and organizes how you see and understand the world and assign order and meaning to it. Your lifeview is that which provides your definition of "matters of ultimate concern." Your lifeview provides those "organizing principles" that help you sort matters out – the things that separate the "majors" in life from the "minors".

Instructions

On the back, find a table with a number of questions and topics listed that are components of many peoples' lifeview.

1. Read over the list of questions.
 - a. Reword any questions as you wish, and add questions in the blanks as you need.
 - b. Select at least 3 and not more than 6 questions to address now – pick questions that are important to you with the right breadth & depth for your point of view.
2. Write in your ideas about those 3-6 selected topics.
3. Read over your answers and underline the 3 most important ideas to you.
4. Time permitting, write a 1-2 sentence short statement at the bottom that includes all of these 3 elements (optional – if you run out of time without this step, no problem)

NOTE: As is made unavoidably evident by this exercise, this seminar involves engaging and discussing personal and substantive matters with your co-participants. In order to help you in your pursuit of a coherent and authentic life, we need to relate to these important questions. We do so recognizing that they are intensely personal and matter deeply - and our responses and positions will vary widely. Among us are people of every stripe and all are welcome. We will respect and regard all points of view and work to help everyone in growing closer and clearer on their own best insights in such matters. Everyone's lifeview, and all personal material, will be held in confidence (ie: it "stays in the room"). We hope you will feel free to be candid in order to obtain the most from the experience.

MY LIFEVIEW WORKSHEET**NAME:** _____ **DATE:** _____**Top 6 Question / Topic****My Thoughts**

	Why are we here?	
	What is the meaning or purpose of life?	
	What is the relationship of the individual to others?	
	Where do family, country, the rest of the world fit in?	
	What is good, what is evil? Are concepts of good/evil relevant?	
	What is the meaning of time? ... of eternity?	
	Is there a higher power, creator, God – and if so of what nature and meaning?	
	What of joy, sorrow, love, peace, justice, virtues, beauty, and....	
	Where do we fit in the cosmos? Is the universe “friendly”?	
	What about death? What about after death?	

Summary Statement (1-2 sentences, taken from your Key 3) _____
