

# Designing Your Life

## WORKVIEW REFLECTION

Write a short reflection about your workview and bring a hardcopy or readily readable e-copy to the workshop. We're not looking for a term paper here, just your key thoughts, so keep it short – just ½ to 2/3 of a page (that's about 150-250 words).

A WORKVIEW would address the critical issues related to what work is and 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 of what good work deserves to be. A workview may address such questions as:

- Why work?
- What's work for?
- What's it mean?
- How does it relate to the individual, others, society?
- What defines good or worthwhile work?
- What does money have to do with it?
- What does experience, growth, and fulfillment have to do with it?
- What about impact and scale?
- How does success relate to what is or isn't "good work"

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

In the years we've been teaching these seminars, we've noticed that a "workview" is a new idea for most people. When people get stuck on this exercise, they tend to just write what they're looking for in a job or an employment situation, which is a fine thing to understand but is not a workview (or "theory of work").

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).

People's workviews range widely in what they address and how they incorporate issues related to service, others, the world, standard of living, growth, learning, skills/talents, etc. We want you to address what you think is important (ie: among the questions listed above). While not prescribing that you address the question of service to others/the world or explicit connection to social issues or your higher values, we do find that we concur with the positive psychologist Martin Seligman. He found that the people who do make an explicit connection between their understanding of work in general, and a job or role in particular, are more likely to find satisfaction and meaning in their work and are more enabled to adapt to the inevitable stresses and compromises that come with being engaged in the world. Since satisfaction and meaning-making are things most of our participants tell us they long for, we encourage you to explore those questions.

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## LIFEVIEW REFLECTION

Please write a short reflection on your lifeview and bring a hardcopy or readily e-readable copy to the workshop. We're not looking for a term paper here, just your key thoughts, so keep it short – just ½ to 2/3 of a page (that's about 150-250 words).

There are many approaches to writing a lifeview and various prescriptions for what they need to include. Below 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."

You may wish to consider some of the following questions. We do not recommend that you simply use this list "as is" and jot responses. Again, determination of which topics are worthy of being addressed is part of your Lifeview - so make it your own and write it in a form and style that fits you and your "matters of ultimate concern".

- Why are we here?
- What is the meaning/purpose of life? of death?
- What is the relationship between the individual and others?
- Where do family, country, and the rest of the world fit in?
- What is good, what is evil, are the concepts of good and evil relevant? situational ?
- What is the meaning of time, of eternity?
- Is there a higher power, God, or something transcendent, and if so how does this impact your life?? *(address this question of course only if it's relevant to your viewpoint)*
- What of joy, sorrow, justice, injustice, love, peace, strife?

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*A word about confidentiality: 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.*