Finding Purpose at Work

This worksheet will help you connect with what’s meaningful to you at work.

Many of us are looking for purpose in our lives and because we spend so much of our lives at work, it can become our focus, thus it becomes increasingly import to find ways to align our purpose to our daily jobs. Having a coach can help, but if you’re not yet ready to commit to coaching relationship, this worksheet can help you become more aware to find meaning at work. Focusing your attention and time on meaningful work aligned to your purpose can result in inspiration, renewed energy and joy.

The following list of questions will help you discover what’s meaningful for you.

1. When are times that you’ve felt joy at work? Not the joy of a win but the simple joy of being involved in work that felt satisfying?

Click or tap here to enter text.

1. What are situations in your workplace or in your personal and community life where you’ve felt good or grateful being fully engaged in a task?

Click or tap here to enter text.

1. As a child what activities would you be engaged in where you lost track of time?

Click or tap here to enter text.

As you review your answers to the above questions, look for themes. If you can’t find what’s common, do this exercise with a friend or trusted colleague and they may be able to help you.

Once you find what’s meaningful, consider bringing it into your daily practice to bring more purpose, passion, and authentically into your work lifeF.