



## What is your purpose at work?

*The following exercise may help you to uncover your 'personal purpose' and learn how you can incorporate that into your daily working life.*

Write down as many things that are important to you as you can, and keep going until there is nothing else to write

- Review the list and circle the 5 top things that have the most meaning for you

Now think about the key moments in your work life so far:

- What brought you the greatest joy?
- What did you actually do?
- What was the relationship with people, places, things?

*At this point it could be useful to enlist a trusted friend to help talk through the following.*

Consider the above two exercises together, what patterns or trends do you notice?

Think about these questions:

- What activities do you most enjoy undertaking?
- What are your most developed skills and abilities?
- What do you most like in yourself?

With all of the above in mind:

- What are you doing when you experience the greatest sense of fulfilment?
- Do you feel like the same person when you think about what is important to you and your work life?

Describe how you might be able to bring these things together.