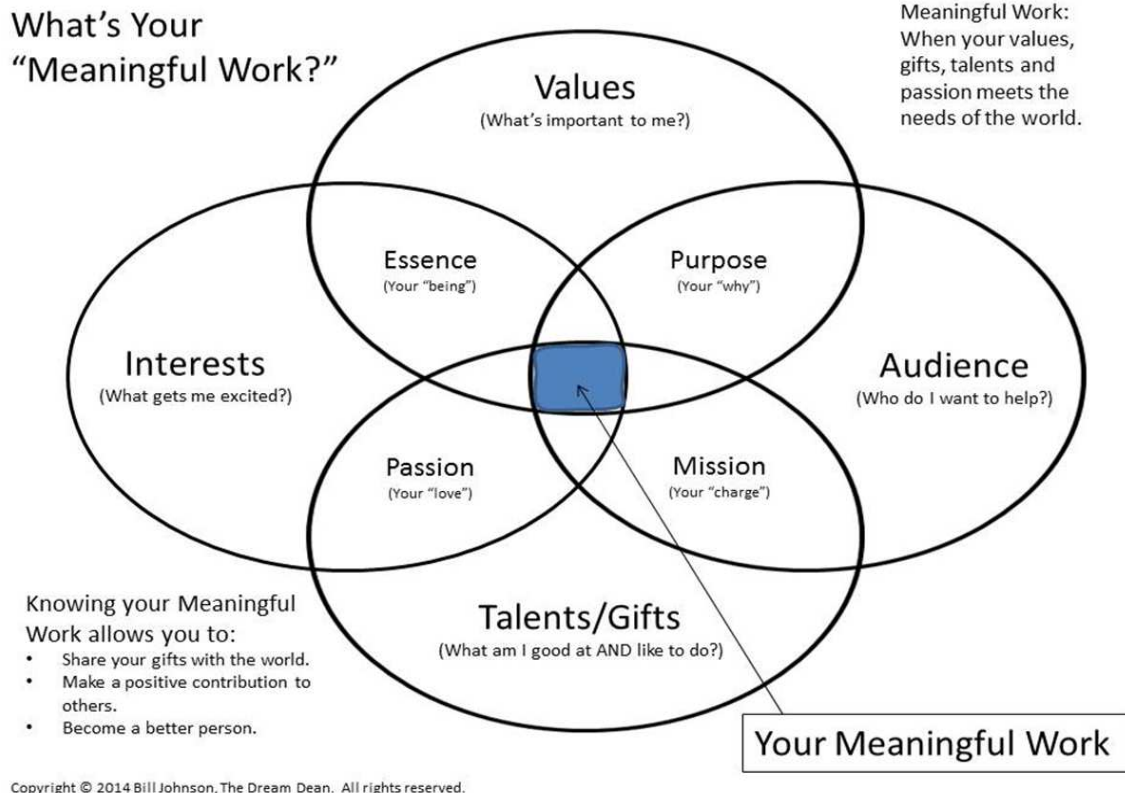


Meaningful Work

What if you could be clear about the work that you're here to do? What if that work was connected to your values, your talents and gifts, and your interests? The Meaningful Work Model was developed to provide a framework to develop the "work" you are here to do, the gifts that you will share with the world, and the positive contribution you will make in serving others – all of which empowers you to become a better person. The Meaningful Work activity which follows provides an opportunity to recognize the work you are here to do, at least at this point in your life. Use this activity whenever you are at a crossroads in your life and want to explore the "work" you'd like to do.



Meaningful Work Statement

The Meaningful Work Statement activity will have you construct a one sentence statement that define the work you're here to do. Use the lists to identify specific features that describe how you want to serve the world, in a way that resonates with you. Over time, this activity, in conjunction with the Major/career/Calling Exploration Poster, has been extremely effective in helping students find the right major(s) in college.

Values

Your Values are the things that are most important things in your life right now. This list of values is identical to the top ten list you created in the Value Tags activity. As with that list, you will identify your top ten values, the ten most important things in your life right now. As you narrow down your list to ten, it will be useful to also rank order your list, where you determine the most important (#1) value, second most important value, all the way down to the tenth most important value. Write your rank-ordered top ten list on the Meaningful Work Statement Worksheet.

Accomplishment/Achievement
Accountability/Responsibility
Advancement/Promotion
Authority/Power/Control

Autonomy/Independence
Balance/Stability
Challenge/Risk
Competence

Competition
Creativity/Self-Expression
Enjoyment/Happiness
Entrepreneurship/Innovation

Excellence
Expertise
Fairness/Equality/Diversity
Family
Fitness/Health
Friendship
Harmony
Honesty/Trust

Integrity
Knowledge/Learning/Education
Leadership
Leisure
Loyalty
Nature/Environment
Personal Development/Growth
Recognition/Fame/Prestige

Religion
Respect
Safety/Security
Service/Helping Others
Spirituality
Travel/Adventure
Wealth
Wisdom

Talents and Gifts

This part of the meaningful work activity will have you identify your talents and gifts. These are the things that you are both good at AND you enjoy doing. Circle, highlight, or place a check next to all that apply to you, then narrow down your list up to five (5) that fit you best. Make sure you choose only those **things that you're both good at doing AND that you like to do!** Note: If something is not listed below, feel free to add it to your list! Write your top five list on the Meaningful Work Statement Worksheet.

Talents and Gifts – Choose up to 5

Adapting
Analyzing data
Appreciating things
Arranging
Asking good questions
Being adventurous
Being fair
Being funny
Being optimistic
Bringing out best in others
Building things
Buying
Caring for others
Cleaning
Collecting
Coming up with new ideas
Compiling statistics
Connecting people
Cooking
Coordinating activities
Counseling
Creating new things
Dealing with pressure
Dealing with relationships
Debating
Decorating
Demonstrating
Designing
Developing
Driving
Eating healthy
Encouraging people
Enhancing beauty
Entertaining others
Exercising
Fixing things
Future-thinking

Gathering information
Giving advice
Giving people hope
Giving presentations
Having conversations
Having fun
Healing
Helping/serving others
Implementing
Including others
Inspiring others
Learning from mistakes
Learning new things
Leading others
Listening
Living in the moment
Making arts and crafts
Making decisions
Making foods/drinks
Making music
Making people happy
Making people laugh
Managing money
Managing people
Managing time
Meeting people
Memorizing
Motivating others
Moving
Networking
Note-taking
Organizing
Painting/Drawing
Parenting
Performing
Planning events
Playing instruments

Playing games
Playing sports
Programming
Public speaking
Reading
Recruiting others
Reflecting
Remembering things
Repairing things
Reporting
Researching
Resolving problems
Saving lives
Selling/Marketing
Showing compassion
Singing
Speaking languages
Spending wisely
Starting new things
Storytelling
Taking care of people
Taking pictures
Taking risks
Talking
Teaching/Training
Thinking
Traveling
Understanding law/legal issues
Using computers
Using electronics
Using technology
Working on cars
Working outdoors
Working with numbers
Working with tools
Working with your hands
Writing

Interests – Choose up to 5

Your interests are the things that you're interested in, areas you're curious about, things that you're passionate about, problems you'd like to solve, and things that make you angry or drive you crazy. You may also use this as an opportunity to think about areas you'd like to learn more about. For this part of the exercise, choose up to five interests. Note: If there are areas that are not listed that you're interested in, add them to your list. Write your top five list on the Meaningful Work Statement Worksheet.

Government/Politics	Business	Entrepreneurship
Farming/Agriculture	History	Medicine/Medical Care
Toys/Games	Clothing/Fashion	Writing/Publishing
Beauty	Languages	Hotels/Event Planning
Cars/Driving	Safety/Security	Entertainment
Electronics	Education	Computers/Technology
Diversity	Transportation	Mental/Emotional Health
Sports/Athletics	Children Issues	Home Improvement
Dance	Nutrition/Food	Religion/Spiritual
Energy (Resource vs. Spiritual)	Music/Radio	Housing/Real Estate
Law/Justice	Military	Math/Statistics
Animals/Pets	Families/Relationships	Landscape
Design	Exercise/Fitness	Theater/Acting
Disabilities	Aviation/Flying	Plants/Flowers
Environment/Nature	Marketing/Sales	Self-Help/Personal Growth
Humor	Furniture/Antiques	Social Media
Money/Finance	Books/Libraries	Cooking
Philanthropy	Recreation/Outdoors	Forensics/Death/Mortician
Boating/Water	Health/Wellness	Sexuality
Travel/Tourism	Television/Movies/Film	Photography
Arts/Crafts	Weather	Sciences

Audience – Choose up to 5

Your audiences are the people/groups you'd like to help, those you could see yourself working with, and/or those individuals/groups that could benefit from what you could share. For this part of the exercise, choose up to five audiences. Note: If there are people/groups that are not listed that you'd like to be involved with, add them to your list. Write your top five list on the Meaningful Work Statement Worksheet.

Business Owners	Entrepreneurs	Athletes
Young Children	Communities/Neighborhoods	Deaf/Hearing Impaired
Special Needs – Mentally	Special Needs - Physically	Disaster Victims
High School Students	Infants/Babies	College Students
Creative People	Blind/Visually Impaired	High Level Executives
K-12 Education (Teachers, Staff)	Families (includes your own)	Higher Education (Faculty, Staff)
Specific Medical Issues	Specific Ethnic/Racial Groups	Substance Abusers
Poverty/Rural Areas	“Do-It-Yourself” (DIY) People	Religious Organizations
Mothers and/or Fathers	People from Other Countries	Single Parents
Delinquents	People in Emotional Crisis	Elderly/Seniors
Females/Males	At-Risk Groups	Gangs/Gang Members
Homeless People	Farmers	Entertainers/Celebrities
Children in Foster Care	Animals	Pregnant Teens/Adults
Unhealthy People	Orphans/Runaways	Physically Abused
Artists/Performers	Prisoners	Immigrants
Veterans/Military	Marriages	Single People
Adults	LGBTQA (Lesbian, Gay, Bisexual, Transgender, Questioning, Asexual)	

Action – Choose up to 5

Action words describe what you will do to help others, the process of how you will provide your help, or how you interact with others. Your action words may also describe what you the action that your audience will take when working with you. Action words describe action, to DO SOMETHING! As you choose your action words, think about the connection between your action words and your values, talents and gifts, interests, and audience. For this part of the exercise, choose up to five action words. Note: If there are action words that are not listed that you'd like to include, add them to your list. Write your top five list on the Meaningful Work Statement Worksheet.

Discover	Empower	Teach	Prepare	Engage	Entertain	Foster
Encourage	Inspire	Change	Motivate	Create	Train	Provide
Lead	Promote	Coordinate	Enable	Advise	Advocate	Help
Educate	Coach	Demonstrate	Develop	Explain	Guide	Inform
Instruct	Nurture	Show	Influence	Cultivate	Examine	Feed
Counsel	Study	Make	Design	Connect	Enlist	Employ
Assist	Facilitate	Evaluate	Deliver	Contribute	Construct	Mentor
Support	Collaborate	Build	Worship	Uplift	Transform	Unlock
Listen	Share	Surrender	Savor	Restore	Rejuvenate	Reclaim
Prepare	Promise	Pursue	Live	Love	Lift	Invite
Improve	Imagine	Heal	Dream	Free	Express	Explore
Eliminate	Direct	Gather				

Impact/Change – One or two phrases

And for this last part, take a few minutes to write one or two phrases in the space below that briefly describes the impact you believe you will make, the changes that will occur, the benefit of your work, and/or how the lives of your audience will improve as a result of your help. Use the space below to jot a few ideas for your phrase(s); write your final phrase (or two) on the Meaningful Work Statement Worksheet.

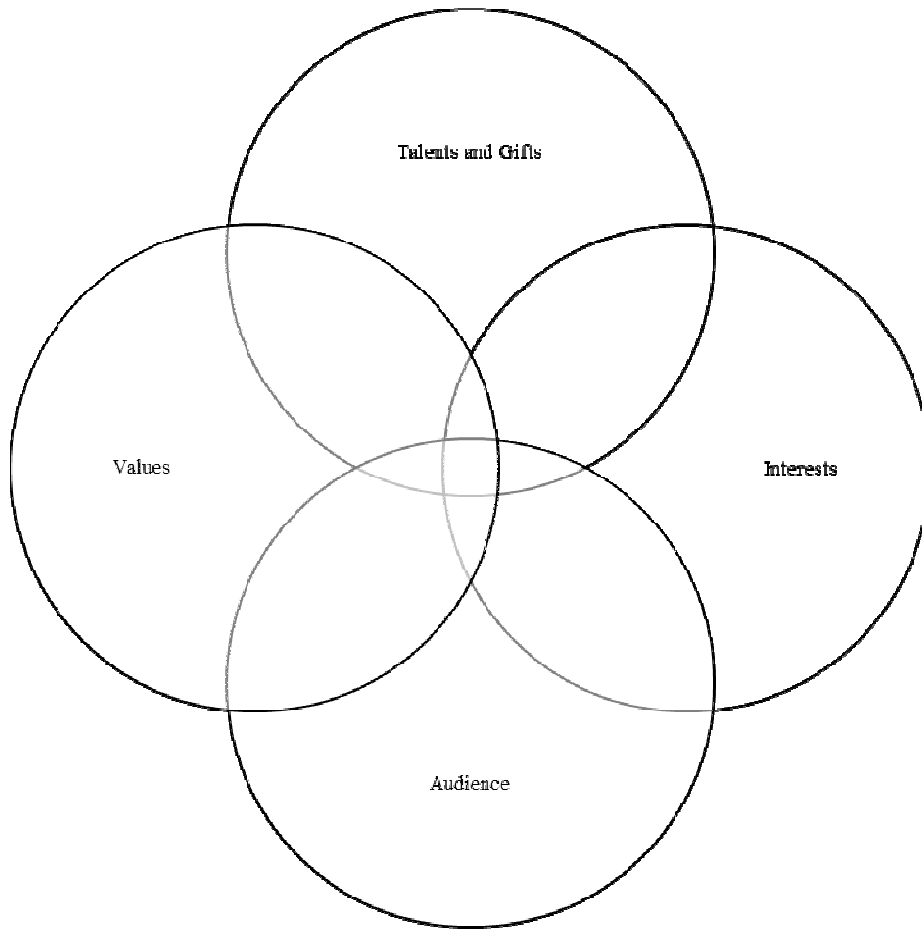
You will use your results from the Values, Talents and Gifts, Interests, Audiences, and Action categories, as well as your Impact/Change phrase, to develop your Meaningful Work Statement.

Meaningful Work Statement

After you've come up with your list of "words" from the various activities, it's time to come up with ONE sentence that sums up your Meaningful Work – the work you'd like to do, who you'd like to help, how you'd help them, and the impact you will have and/or the change that will occur. Your meaningful work statement is a declaration that defines your contribution, your positive impact on others, and how your work will make you a better person. You may also decide to create multiple statements, especially if you have multiple interests and/or multiple audiences. Multiple statements may provide you an opportunity to select one statement to start with right away or find ways to combine/connect multiple statements into one. Remember to limit your statement to just ONE sentence to make this process easy for you. Below are several templates that may help you construct your statement; feel free to modify as you see fit – or combine statements that suit your needs. The best way to start this activity is to take your first choice of words in each category (talents, and gifts, interests, audience, and action) and see if you can come up with statement to start with, then modify accordingly. As you construct your meaningful work statement, keep these three questions in mind:

- What do I do?
- Who do I help?
- Why does it matter?

Meaningful Work Statement Worksheet



Action

Impact/Change

Meaningful Work Statement Sample Templates

- Because I value _____ (value) and have an interest in _____ (interest), I will use my _____ (talents and gifts) to _____ (action) _____ (audience) so that _____ (impact/change).
- My meaningful work is to use my skills in _____ (talents and gifts) to _____ (action) _____ (audience) so that _____ (impact/change), because I value _____ (value), I have an interest in _____ (interests).

Meaningful Work Statement Sample Open-ended Sentence Starters:

- I am here to...
- I will serve others (or serve the world) by...

Bill's Example:

- I am here to empower students, faculty, and staff in higher education through teaching and facilitating workshops/trainings to be introspective, using creativity, reflection, connection, and play to recognize their unique purpose, become self-experts, and create meaningful experiences to become the best version of themselves.

Use the space below (or a separate sheet of paper) to come up with your final statement. Feel free to construct multiple statements if you have multiple interests, multiple audiences you wish to serve, etc.

Potential Meaningful Work Statement Checkup

As you try to decide on the ONE Meaningful Work Statements, here's a way to test whether this statement is aligned with your values, talents and gifts, interests, audience, and impact/change. Use the questions and the scale below to determine the right meaningful work statement for you:

3 = a lot 2 = some 1 = a little 0 = none

1. How much is this meaningful work tied to my personal core values and/or desired work values? _____
2. How much would I be able to include my talents and gifts in doing this meaningful work? _____
3. How much is my interest(s) tied to this meaningful work? _____
4. How much empathy do I have for this particular audience if involved in this meaningful work? _____
5. How much of an impact/change will I really be able to make doing this meaningful work? _____

The highest score you could obtain is 15 (higher is better); you would want to at least score a "10" to consider this your meaningful work. If your score is not a "10" or more, what change in your statement (a change that resonates with you) would you have to make to get your score to a "10?" Does your statement need to be more aligned with your values? Do you need to take more advantage of your talents and gifts? Do you need to work with an audience where you can have a greater impact?

Meaningful Work Statement Quiz

The last part of this activity will have you take the Meaningful Work Statement Quiz, a Quiz that challenges how much your statement resonates with your life. Is your meaningful work truly the work that you're here to do in this world? The six questions in this Quiz will provide you with one more test to see if this is your meaningful work. It's a very simple Quiz – you must answer either "YES" or "NO" to each of the questions; MAYBE is not allowed.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____