

MEANINGFUL WORK PACKET



MEANINGFUL WORK STATEMENT

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. Use this activity whenever you are at a crossroads in your life and want to explore the "work" you'd like to do.

VALUES – CHOOSE TOP 5

Your values are the most important things to you in your life right now. You will identify your top five values, the five most important things in your life right now. As you narrow down your list to five, 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 fifth most important value. Write your rank-ordered top five list on the Meaningful Work Statement Worksheet.

- | | | |
|-------------------|----------------|----------------------|
| Accomplishment | Expertise | Nature |
| Accountability | Fairness | Personal Development |
| Advancement | Fame | Power |
| Authority | Family | Recognition |
| Autonomy | Friendship | Religion |
| Balance/Stability | Harmony | Respect |
| Challenge/Risk | Health | Responsibility |
| Competence | Helping Others | Safety |
| Competition | Honesty | Service |
| Creativity | Innovation | Security |
| Diversity | Integrity | Spirituality |
| Education | Knowledge | Travel |
| Enjoyment | Learning | Trust |
| Entrepreneurship | Leadership | Wealth |
| Environment | Leisure | Wisdom |
| Excellence | Loyalty | |

Adapted from Bill Johnson, Life Design (<http://lifedesigncatalyst.wordpress.com/presentations/>)



TALENTS AND GIFTS – CHOOSE TOP 5

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.

- 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 TOP 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
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 TOP 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 – Mental
Special Needs - Physical
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
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 TOP 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 the action 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.

Advise
Advocate
Assist
Build
Change
Coach
Collaborate
Connect
Construct
Contribute
Coordinate
Counsel
Create
Cultivate
Deliver
Demonstrate
Design
Develop
Direct
Discover
Dream
Educate
Eliminate
Employ
Empower
Enable
Encourage

Engage
Enlist
Entertain
Evaluate
Examine
Explain
Explore
Express
Facilitate
Feed
Foster
Free
Freedom
Gather
Guide
Heal
Help
Imagine
Improve
Influence
Inform
Inspire
Instruct
Invite
Lead
Lift
Listen

Live
Love
Make
Mentor
Motivate
Nurture
Optimize
Prepare
Promise
Promote
Provide
Pursue
Reclaim
Rejuvenate
Restore
Savor
Share
Show
Study
Support
Surrender
Teach
Train
Transform
Unlock
Uplift
Worship

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 for the people/groups you serve, the benefit others will have from 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 with an opportunity to select one statement to start with right away, or you 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

Meaningful Work Statement Sample Templates - fill in the blanks with at least one choice from each of the areas listed above. (Feel free to choose one or both templates below)

- 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**) and have an interest in _____ (**interests**).

Meaningful Work Statement Sample Open-ended Sentence Starters (Note: If you use one of the open ended starters, you'll need to make sure to incorporate at least one item from each of the six items from the worksheet above):

- 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?

ACTION ITEMS

Identify five (5) ideas about how you take the next step in approaching meaningful work for yourself?

Identify one (1) item you can begin taking action on within the next semester here at Mizzou?

Adapted from Bill Johnson, Life Design (<http://lifedesigncatalyst.wordpress.com/presentations/>)

next steps:

Talk with a Career Specialist for one-on-one assistance: <https://career.missouri.edu/connect>
Check out more resources at <https://career.missouri.edu> > Resources tab