

## Liferview & Workview Reflection Exercise

(From: *Designing Your Life 2017*)

### 1. WORKVIEW REFLECTION (approx. 250 words)

Addresses the critical issues related to what work is and what it means to you. A general statement of your view of work, your definition for what good work deserves to be. This is not *what* work you want to do, but *why* you work. Consider the following questions:

- Why work?
- What's work for?
- What does work 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 do experience, growth, and fulfillment have to do with it?

### 2. LIFEVIEW REFLECTION (approx. 250 words)

Addresses what matter most to you in life. Consider the following questions:

- Why are we here?
- What is the meaning or purpose of life?
- What is the relationship between the individual and others?
- Where do family, country, and the rest of the world fit in?
- What is good, and what is evil?
- Is there a higher power? If so, what impact does this have on your life?
- What is the role of joy, sorrow, justice, injustice, love, peace, and strife in life?

### **3. COHERENCY AND WORKVIEW-LIFEVIEW INTEGRATION**

Read over your Lifeview and Workview and write down a few thoughts on the following questions:

- Where do your views on work and life complement one another?
- Where do they clash?
- Does one drive the other? How?