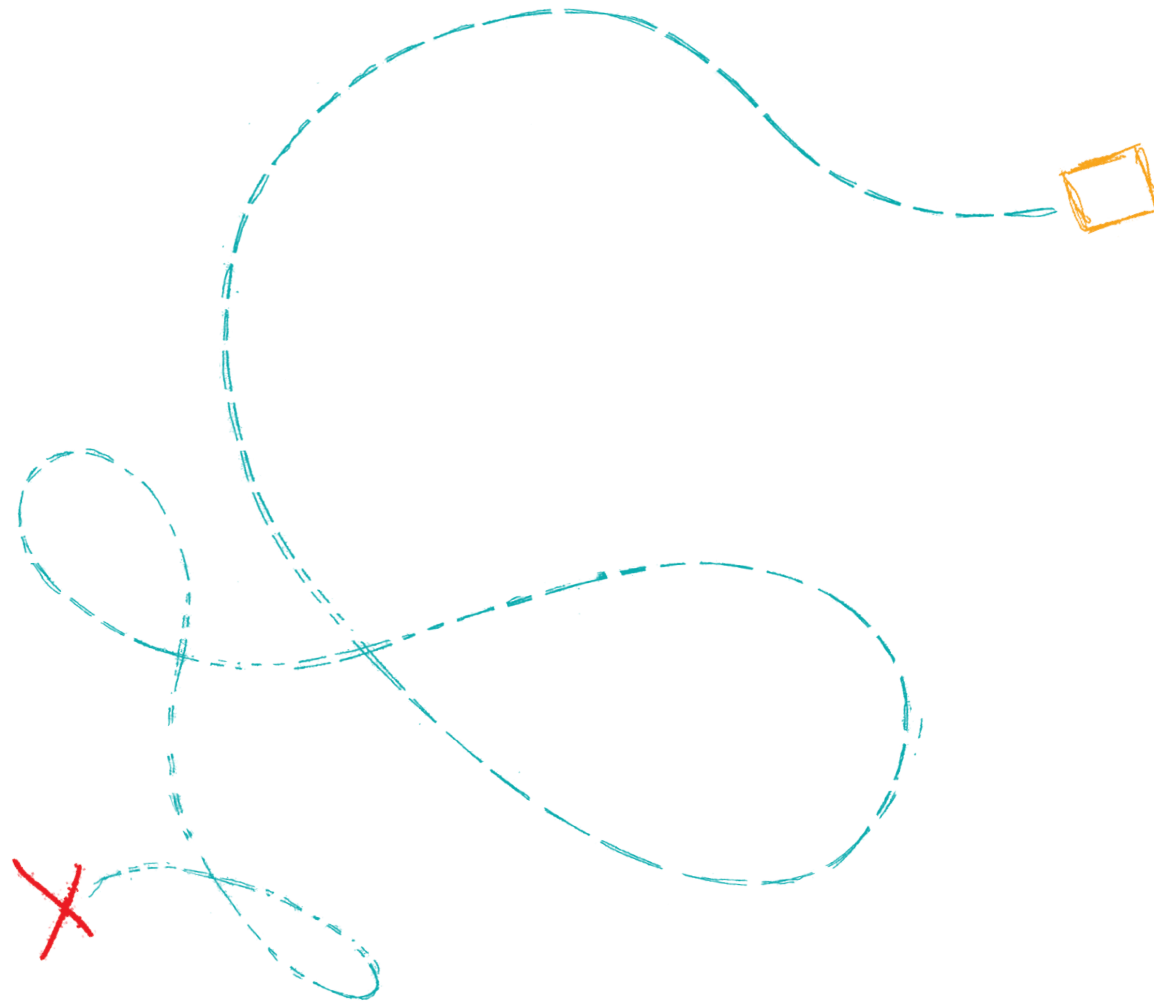


Now It's Clear

The Career You Own



What's meaningful about your current role?

"It's not our experiences that form us but the ways in which we respond to them."

—Pico Iyer



EXERCISE

1 How does your work contribute to your development?

2 Does your work help you to understand more about you?

3 Does your work serve a greater purpose?

3 Consider what part of your role you should change but haven't, what are the benefits for not changing?

4 Go for a walk bring your camera or phone and take pictures of what makes your life feel meaningful.

When you return, write a story about your pictures and share this story with a friend, colleague or family member. (this exercise is based on Michael Steger's research on meaningful work)

Goal Check-in

Have you found a meaningful career?

Things I will start doing
(purpose, health, wealth)

Things I will stop doing

month

year

S

M

T

W

T

F

S

NOTES

The Journey

by Mary Oliver



*One day you finally knew
what you had to do, and began,
though the voices around you
kept shouting
their bad advice --
though the whole house
began to tremble
and you felt the old tug
at your ankles.
"Mend my life!"
each voice cried.*

*But you didn't stop.
You knew what you had to do,
though the wind pried
with its stiff fingers
at the very foundations,
though their melancholy
was terrible.
It was already late
enough, and a wild night,
and the road full of fallen
branches and stones.*

*But little by little,
as you left their voice behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice
which you slowly
recognized as your own,
that kept you company
as you strode deeper and deeper
into the world,
determined to do
the only thing you could do --
determined to save
the only life that you could save.*