Turning the Page & Setting the Stage: Connecting to Purpose and Passion through Social Impact Work

Exercises
REST AND REJUVENATION

• Describe rest:

• Describe fun:

• How could you inject more rest and fun into your day:
VALUES AND MOTIVATIONS

Step 1: Below is a list of Values, core beliefs that motivate us in our lives and in our work. Certain values might have strengthened or changed over the course of your live. Others may have remained constant. Begin by circling the 5 core values that are the most meaningful to you at this stage of life:

Achievement
Inner Harmony
Adventure/Risk-taking
Loyalty
Autonomy
Leadership
Balance (personal/professional)
Order
Compassion/Caring
Personal Power
Connection/Belonging
Personal Growth
Creativity
Recognition

Cooperation/Collaboration
Respect (self, others)
Culture/Ethnicity
Responsibility
Competition
Sexual Orientation
Economic Security
Service to others
Ethics/Integrity
Vision
Excellence
Wealth
Environmental Awareness
Wisdom

Step 2: Understanding that each of the 5 values is important to you, now highlight the 3 values above that are the most important at this time in your life.
VALUES AND MOTIVATIONS

Step 3: List your 3 top values from the previous page. Define the meaning of this value to you in a brief phrase:

1.

2.

3.
VALUES AND MOTIVATIONS

Step 4: Give one example of how you practice this value in your life today:

Value 1.

Value 2.

Value 3.
Certain relationships can help us ignite our professional passion. The list below identifies people that stimulate our motivation and sense of purpose in the workplace. From 1-9 rank order the list based on each item’s level of importance in your work:

___ Family
___ Friends
___ Colleagues
___ Clients/Customers
___ Supervisors/Management
___ Supervisees
___ Mentors
___ Mentees
___ Community (local, national, world)
People and Places

The work environments that invigorate us are diverse, reflecting both personality and work style. Below are 3 aspects of environment, along a continuum, that are often present in the workplace. Place an X on the line below to place yourself on the continuum in each key area, based on what best reflects your professional comfort at this stage of life:

<table>
<thead>
<tr>
<th>Autonomy</th>
<th>Direction/Supervision</th>
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<table>
<thead>
<tr>
<th>Ambiguity</th>
<th>Clarity</th>
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<table>
<thead>
<tr>
<th>Individual Focus</th>
<th>Group Focus</th>
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## ALLIES & OBSTACLES

<table>
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<tr>
<th>Allies</th>
<th>Obstacles</th>
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<tr>
<td>Internal</td>
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</tr>
<tr>
<td>External</td>
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Recommended Reading List


