



### **Week Two Reflection: Living with Intention & Purpose in Our Work**

As you think about your life experiences around work, choose 2-3 that were most meaningful to you and identify what pattern you notice? What were you doing, about what and with whom?

If you could go back and start your career again, what other choices might you have made?

What did you love to do as a child?

What irritated you about the world as a young person? What did you want to be different?

Work that is intentional is: Where you can experience BLISS using your highest GIFTS in service of your PURPOSE in a way that allows for the LIFESTYLE you desire. When are you in bliss at work (lose track of time)? What are your best gifts in the world of work? What is your purpose- the way you want things to be different or better? What is the lifestyle you desire around work (flexibility, time, status, money, community)?

If financial need was disconnected from work tomorrow, what work would you do for nothing? Why is it attractive to you?

What is your Purpose? How is it being lived in your work right now? How could you bring more of it to your work?