

Joy and Meaning in the Workplace

What work tasks feed or sustain me?

KNOW
THYSELF

A time when I felt a sense of pride, honor, or achievement at a job well done:



When do I feel like I am fully expressing or fulfilling my potential?

What parts of my work feel creative, innovative, and interesting?



What kinds of positive feedback from others mean the most to me?

Specific feedback I have received that has meant a lot:

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Times when I can see the impact/relevance my work had for others:

Peak moments in my professional career:

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Taking stock of meaning. Given what I have written:

- What anchors (matters most to) me in my work?
- What is the most meaningful or best part of my work?

