

Finding My Purpose in Work

Quick Write: Take five minutes to write as much as you can, answering the prompt below.

Prompt: Why do we work? (Consider: lifestyle, motivation, finances, goals, etc.)

Work through the Ages: Summarize HOW people worked and what their PURPOSE was during each age.

Recent History of Work: We will complete the entry for the 1950s as a group. Next, select two decades of your choice to complete. Lastly, complete the entry for 2020 to summarize how people work now and what the purpose of work is.

This Decade: 1950s

How do people work in this decade?

What is the purpose of their work?

Your Choice Decade: _____

How do people work in this decade?

What is the purpose of their work?

Your Choice Decade: _____

How do people work in this decade?

What is the purpose of their work?

This Decade: 2020s

How do people work in this decade?

What is the purpose of their work?

Reflection:

What things cause the purpose of work to change?

How important do you think it is to have purpose in the work you do?

How important is it for you to fulfill your purpose at work?

Flip the Script

After watching this video: [The Purpose Challenge](#) – let’s consider YOUR purpose in relation to work.

Reflect on the different personality/value/identity work that we have done so far. Based on what you have learned (or solidified) about yourself – can you identify what your “purpose” might be? (Remember, it is normal to have more than one purpose, and it is normal for your purpose to change).

Purpose Statement: finish each of these prompts with your own self-knowledge. Don't worry, this statement CAN and WILL change throughout your lifetime.

In life, what I value most is...

My greatest passion in life is...

I believe my purpose in life is to...

My highest goal in life is to...