

PURPOSE PRACTICE SHEET

UNSTUCK
Live better every day

1. PINPOINT YOUR VALUES

To investigate what's truly important to you, answer the questions below (expanded from a set in *Life Reimagined*, Berrett-Koehler, 2013). Take your time. Go from your gut. And write them down on the back.

1. *What motivates me to get up in the morning?*
2. *What keeps me up at night?*
3. *What am I doing when I'm at my best?*
4. *Why am I bothered by what bothers me?*
5. *Why do I do the work I do?*
6. *Why do I live where I live?*
7. *Why do I buy what I buy?*
8. *Why do I long for what I long for?*
9. *Why do I read and watch what I do?*
10. *Why do I admire whom I admire?*
11. *When am I happy?*
12. *Why do I have the relationships that I have?*

2. CONSIDER YOUR OPTIONS

List your opportunities

Think small as well as big or medium, personal as well as professional, dreams as well as realities.

1. to live close to nature 1,4
2. to work in the tech sector 2,3,4,5
3. to work in the science sector 1,2,3,5
4. pursue postgraduate studies 1,2,3
5. work as web developer 3,4,5
1. to interface with the natural world
2. to feel that my work is valuable
3. to be challenged in my work
4. to balance work and life well
5. to live my values

Now, connect each possibility with as many or few core values as apply. You're looking for the opportunity that best matches your values.

WHAT HAVE YOU DECIDED
IS YOUR PURPOSE?

To work in a capacity of increasing my knowledge about the world around me, in a way that does as little harm as possible to that world.



3. MAKE ROOM FOR WHAT YOU LOVE

Think about your purpose. What do you need more or less of to achieve it? Refer to your answers in #1 for guidance.

Maximize

1. intellectual curiosity
2. scientific thinking
3. work connection to a broader ethos

Minimize

1. working jobs without shared values
2. focus on base capitalism
3. ecologically, socially harmful activities

4. FILTER BY PURPOSE

When you're feeling out of sorts about what's going on in your life, or if you're trying to decide if a new opportunity fits your purpose, use these questions to filter through to an answer.

- What core value does this fit with?
- What level of excitement do I have about this?
- Will/does this distract from something else that is very important to me?
- How might this play out in the future?

1. Learning more about myself and the world around me.
2. Anxiety about my future and the future of the world around me.
3. Working hard on things that captivate my interest, understanding relationships between complex systems.
 4. They represent a lack of truthfulness.
 5. I believe it helps me understand the world better.
6. To better enjoy spending my free time in the natural environment.
 7. To facilitate spending my free time in the natural environment.
 8. To seek to use my time in a rewarding manner.
9. To connect more fully with the world around me, or sometimes to disconnect from my immediate surroundings.
 10. They spend their time in fulfilling ways.
11. Working towards challenging goals. Expanding my knowledge of the world and my interaction with it.
 12. Shared values.