

Workview Reflection, Lifeview Reflection

Step 1: Workview

In this exercise, we're not interested in *what* work you want to do, but *why* you work. A workview should address the critical issues related to what work is and what it means to you. It is not just a list of what you want from or out of work, but a general statement of your view of work. A workview may address such questions as:

- *Why work?*
- *What is work for?*
- *What does work mean?*
- *How does it relate to the individual, others, society?*
- *What defines good or worthwhile work?*
- *What does money have to do with it?*
- *What do experience, growth, and fulfillment have to do with it?*

Step 2: Lifeview

Just as you did with the workview, please write a reflection on your lifeview. Below are some questions often addressed in a lifeview. Your lifeview is what provides your definition of what have been called "matters of ultimate concern." It's what matters most to you.

- *Why are we here?*
- *What is the meaning or purpose to life?*
- *What is the relationship between the individual and others?*
- *Where do family, country, and the rest of the world fit in?*
- *What is the role of joy, sorrow, justice, injustice, love, peace and strife in life?*
- *What is meaningful to you?*

Feel free to utilize the space below to answer the questions in their respective “workview” column or “lifeview column”, or answer these questions on a separate sheet of paper.

<u>Workview</u>	<u>Lifeview</u>

Now after defining and getting a sense of what your “Workview” and “Lifeview” are, take time to answer the following questions:

Coherency and Workview-Lifeview Integration

- *Where do your views on work and life complement one another?*
- *Where do they clash?*
- *Does one drive the other? How?*