

Creating A Meaningful Work Statement



This activity aims to provide you more clarity about the work that you're here to do. The process of the activity is to help you get connected to your values, your talents and gifts, and your interests. Additionally, we hope this can assist you in developing a framework on what you consider to be "Meaningful Work."

Answer each of the questions below by circling the words that are true for you.

1

What are your talents and gifts?

- | | | | | | | |
|---------------------------------|----------------------------|------------------------|------------------------|---------------------|-----------------------|--------------------------------|
| Adapting | Collecting | Eating healthy | Including others | Moving | Remembering things | Talking |
| Analyzing Data | Coming up with new ideas | Encouraging people | Inspiring others | Networking | Repairing things | Teaching/Training |
| Appreciating Things | Compiling statistics | Enhancing beauty | Learning from mistakes | Note-taking | Reporting | Thinking |
| Arranging | Connecting people | Entertaining others | Learning new things | Organization | Researching | Traveling |
| Asking Good Questions | Cooking | Exercising | Leading others | Painting/drawing | Resolving problems | Understanding law/legal issues |
| Being Adventurous | Coordinating activities | Fixing things | Listening | Parenting | Saving lives | Using computers |
| Being fair | Counseling | Future-thinking | Living in the moment | Performing | Selling/Marketing | Using electronics |
| Being funny | Creating new things | Gathering information | Making arts and crafts | Planning events | Showing compassion | Using technology |
| Being optimistic | Dealing with relationships | Giving advice | Making decisions | Playing instruments | Sining | Working on cars |
| Bringing out the best in others | Debating | Giving people hope | Making foods/drinks | Playing games | Speaking languages | Working outdoors |
| Building things | Decorating | Giving presentations | Making music | Playing sports | Spending wisely | Working with tools |
| Buying | Demonstrating | Having conversation | Making people laugh | Programming | Starting new things | Working with your hands |
| Caring for others | Designing | Having fun | Managing money | Public speaking | Storytelling | Writing |
| Cleaning | Developing | Healing | Managing people | Reading | Taking care of people | |
| | Driving | Helping/serving others | Memorizing | Recruiting others | Taking pictures | |
| | | Implementing | Motivating others | Reflecting | Taking risks | |

Other:

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Answer each of the questions below by circling the words that are true for you.

2

What are your interests?

- | | | | |
|--------------------------|-------------------------------|-----------------------|----------------------------|
| Acting | Diversity | Hotels/Event planning | Recreation/Outdoors |
| Animals/Pets | Education | Housing/Real Estate | Religion/Spiritual |
| Arts/Crafts | Electronics | Humor | Safety/Security |
| Aviation/Flying | Energy | Landscape | Sciences |
| Beauty | Entertainment | Languages | Self-help/Personal |
| Boating/Water | Entrepreneurship | Law/Justice | Growth |
| Books/Libraries | Environment/Nature | Marketing/Sales | Sexuality |
| Business | Exercise/Fitness | Math/Statistics | Social Media |
| Cars/Driving | Families/Relationships | Medicine/Medical care | Sports/Athletics |
| Children Issues | Farming/Agriculture | Mental/Emotional | Television/Movies/
Film |
| Clothing/Fashion | Forensics/Death/
Mortician | Military | Theater |
| Computers/
Technology | Furniture/Antiques | Money/Finance | Toys/Games |
| Cooking | Government/Politics | Music/Radio | Transportation |
| Dance | Health/Wellness | Nutrition/Food | Travel/Tourism |
| Design | History | Philanthropy | Weather |
| Disabilities | Home improvement | Photography | Writing/Publishing |
| | | Plants/Flowers | |

Other:

3

What are your values?

- | | | |
|--------------------------|-----------------------|--------------------------|
| Advancement | Faith | Nature |
| Adventure | Family/Friendships | Personal Growth |
| Altruism/Helping Society | Flexibility | Physical Challenge |
| Authority | Fun | Power |
| Balance | Growth | Predictability |
| Beauty | Harmony | Professional Development |
| Challenge/Risk | Health | Recognition |
| Competition | Helping others | Safety |
| Contact with People | High Compensation | Security |
| Creative Expression | Honesty | Service |
| Diversity | Impact | Stability |
| Enjoyment | Independence/Autonomy | Status/Prestige |
| Environmentally Friendly | Innovation | Teamwork |
| Ethics | Knowledge/Discovery | Tradition |
| Excellence | Leadership | Trust |
| Expertise | Location | Variety |
| Fairness | Loyalty | Wealth |

Other:

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Answer each of the questions below by circling the words that are true for you.

4

Who is your audience?

- | | | |
|--------------------------|--|-------------------------------|
| Adult | Families (Includes your own) | People in Emotional Crisis |
| Animal | Females/Males | Physically Abused |
| Artists/Performers | Gangs/Gang Members | Poverty/Rural Areas |
| Athlete | High Level Executives | Pregnant Teens/Adults |
| At-Risk Group | High School Students | Prisoners |
| Blind/Visually Impaired | Higher Education | Religious Organizations |
| Business Owner | Homeless People Farmers | Single Parents |
| College Student | Immigrants | Single People |
| Community | Infants/Babies | Special Needs – Mental |
| Creative People | K-12 Education (Teachers, Staff) | Special Needs – Physical |
| Deaf/Hearing Impaired | | Specific Ethnic/Racial Groups |
| Delinquent | LGTTQA (Lesbian, Gay, Bisexual, Transgender, Questioning, Asexual) | Specific Medical Issues |
| Disaster Victim | | Substance Abusers |
| DIY People | Marriages | Unhealthy People |
| Elderly/Senior | Mothers and/or Fathers | Veterans/Military |
| Entertainers/Celebrities | Orphans/Runaways | Young Children |
| Children in Foster Care | People from Other Countries | |
| Entrepreneur | | |

Other:

5

What are your action words?

- | | | | | |
|-------------|-----------|------------|-----------|------------|
| Advise | Design | Explore | Invite | Reclaim |
| Advocate | Develop | Express | Lead | Rejuvenate |
| Assist | Direct | Facilitate | Lift | Restore |
| Build | Discover | Feed | Listen | Savor |
| Change | Dream | Foster | Live | Share |
| Coach | Educate | Free | Love | Show |
| Collaborate | Eliminate | Gather | Make | Study |
| Connect | Employ | Guide | Mentor | Support |
| Construct | Empower | Heal | Motivate | Surrender |
| Contribute | Enable | Help | Nurture | Teach |
| Coordinate | Encourage | Imagine | Optimizer | Train |
| Counsel | Engage | Improve | Prepare | Transform |
| Create | Enlist | Influence | Promise | Unlock |
| Cultivate | Entertain | Inform | Promote | Uplift |
| Deliver | Evaluate | Inspire | Provide | Worship |
| Demonstrate | Examine | Instruct | Pursue | |

Other:

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Now develop your meaningful work statement in one sentence.

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Impact/Change

What do I do?



Who do I help?



Why does it matter?

Because I value _____ (value) and have an interest in _____ (interest), I will use my _____ (talents and gifts) to _____ (action) _____ (audience) to that _____ (impact/change)

My meaningful work is to use my skills in _____ (talents and gifts) to _____ (action) _____ (audience) so that _____ (impact/change), because I value _____ (value) and have an interest in _____ (interests).

Example:

"I am here to empower students, faculty, and staff in higher education through teaching and training, using creativity, reflection, connection, and play to recognize their unique purpose, become self-experts, and create meaningful experiences to become the most rewarding version of themselves."

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Meaningful Work Statement