

Take a Moment to Reflect...Finding the Meaning in My Work

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1. What path did I take to arrive in my current position?

2. As I look at all of the elements of my position, these are the three I enjoy the most:

3. What did I accomplish this month that made a difference? (you define what a “difference” is):

4. What brings me energy in my position?

5. Who at work can make me smile just by calling or stopping by?

6. What have I done prior to today to increase my professional development?

7. How does my position enhance my home life? (do not focus on the income it provides)

8. At my retirement dinner I want the testimonial speeches to convey this message about my time in my position:

9. I have learned this “life lesson” because of my time in my position:

Keep this worksheet somewhere special and refer to it often!