Sources of Satisfaction

Part 1: When clarifying what will provide more lifework satisfaction, consider both the work content (the things you did), as well as the work culture or environment. Rate the work content of each job and the culture or atmosphere of where you worked (1= Dislike Strongly, 10=Like Strongly) for your three most recent jobs. Then, identify three things you liked and disliked for both the work content and work culture:

1. Your current (or most recent) job: _____________________________________
   
   **Work content:**
   
<table>
<thead>
<tr>
<th>Dislike(d)</th>
<th>Like(d)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly</td>
<td></td>
</tr>
<tr>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
</tbody>
</table>
   
   List three things you like(d):
   1.                               
   2.                               
   3.                               

   List three things you dislike(d):
   1.                               
   2.                               
   3.                               

   **Work atmosphere or culture:**
   
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   1.                               
   2.                               
   3.                               

   List three things you dislike(d):
   1.                               
   2.                               
   3.                               

2. Your second most recent job: ___________________________________________
   
   **Work content:**
   
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   3.                               

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   2.                               
   3.                               

3. Your third most recent job: _______________________________________________
   
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   2.                               
   3.                               

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Part 2: Describe three experiences (work OR non-work situations) that were meaningful and/or satisfying; a time when you were happy, something that you did well, enjoyed doing, and/or were proud of. What made these experiences satisfying?

A. Description of experience. Be specific, identifying as many distinct components as possible:

What made that experience satisfying or meaningful? Assess carefully the experience to clarify the things that provided you fulfillment:

B. Description of experience. Be specific, identifying as many distinct components as possible:

What made that experience satisfying or meaningful? Assess carefully the experience to clarify the things that provided you fulfillment:

C. Description of experience. Be specific, identifying as many distinct components as possible:

What made that experience satisfying or meaningful? Assess carefully the experience to clarify the things that provided you fulfillment:
Action steps

1. Based on your reflections, list in the “Tasks” column the top three to five tasks you liked most and the top three to five tasks you liked least:

<table>
<thead>
<tr>
<th>Liked most</th>
<th>Tasks</th>
<th>Liked least</th>
<th>Tasks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1.</td>
<td>1.</td>
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<tr>
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<td>2.</td>
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<td>3.</td>
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<tr>
<td></td>
<td>4.</td>
<td>4.</td>
<td></td>
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<tr>
<td></td>
<td>5.</td>
<td>5.</td>
<td></td>
</tr>
</tbody>
</table>

2. What patterns or themes do you notice?

3. What will be important for you to keep in mind as you sort out your lifework questions?