

GIVING AND GAINING

PART III



Worksheet 7

This exercise invites you to look at your current primary activity—what you ranked as your first priority—as a dynamic interplay between what you give and what you receive: between outer action and inner growth.



For what reasons do I engage in this activity?

What motivates you to give your time and energy to this work? It could be a combination of things—passion for the work, financial stability, a sense of duty, or perhaps a wish to meet others' expectations. What do you consider your primary motivations?



What do I love most about this work?

Which aspects of your current work bring you satisfaction and a sense of fulfillment? Is there a part of your day you look forward to—something that leaves you feeling energized, useful, and truly in your element?



What do I like least about it?

Be honest about the frustrations or limitations you experience. Are they minor annoyances—or signs of a deeper misalignment with your skills, values, worldview, or personal goals?



What do I contribute to it?

What unique skills, knowledge, experiences, ideas, or qualities do you bring? How do your contributions positively impact the work itself, your coworkers, and the overall environment?



What are my most meaningful achievements in this area?

Which accomplishments stand out to you—not only for what they represent outwardly, but for what they’ve taught you about yourself?



In what endeavors did I not achieve the results I hoped for?

Reflect on both outer circumstances and inner factors that may have played a part. What did those experiences reveal about what you still need to develop—and about the validity or clarity of your personal goals?



What do I receive from this work on a practical level?

How does this work support your material needs? What opportunities does it offer for using your talents and developing new skills?



What inner qualities am I developing through this work situation?

Identify the strengths of character this work is helping you develop.



How has my relationship with this work evolved over time?

Has your motivation changed? Do you give or gain in new ways now?

∞ INTERLUDE ∞



A PAUSE TO ABSORB

You've looked closely at how you spend your time, what motivates you, and what you give and receive through your work. Before you turn toward future goals, pause to absorb what you've discovered. Perhaps a brief walk, a few minutes of quiet reflection, or a page of notes in your journal can help you take in what you've uncovered so far.

When you feel ready, return to the next exercises to reflect on your goals and the directions you wish to pursue.