

## ENVISIONING YOUR FUTURE

PART III



Worksheet 9

**A**s you approach these questions, take a few quiet moments to center yourself—perhaps through a few rounds of even breathing, a meditation technique, or the Introspection Gateway exercise you may have already used. Let your mind grow calm, your heart steady, and your awareness uplifted toward the spiritual eye. When you feel ready, open your eyes and view your life from a higher, broader, longer-range perspective.



### **Are there aspects of my work with which I am not completely satisfied?**

Consider such things as the nature of the work itself, its pace, your role, or the environment in which you work. Reflect also on the pressures you face at work day to day, and how they affect your personal life.

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### **Beyond stress factors, what deeper issues may be causing my dissatisfaction?**

Is there a disconnect between your duties and your values? Might you long for greater challenge, a stronger outlet for creativity, more opportunities for growth, or deeper appreciation for your contributions?

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### **What practical changes could make your situation better?**

Consider adjustments that you can make yourself, as well as changes that could be proposed or requested within your workplace.

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***What new areas would I like to explore?***

Think about directions or pursuits that spark your interest—perhaps something you’ve long wanted to try.

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***What first steps could I take now to begin exploring them?***

Consider how you might gather information, reach out for guidance, or make space in your week to try something new.

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***If I could have my dream job, what would it be?***

Don’t limit yourself to what seems immediately possible. Think about the kind of work that would bring you the greatest sense of purpose and joy—its environment, the colleagues you’d work with, and the rhythm of life that would best support your wellbeing.

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## ∞ INTERLUDE ∞



### CHERISH THE MEMORIES

Having reflected on your work in the light of your deeper priorities, pause now to let things settle. Sometimes a little distance helps your insights mature.

Then allow yourself to daydream: let your thoughts drift toward the ideal expression of your gifts—the work itself, the people you would serve alongside, and the environment that would uplift and inspire you.