

Use Chat...Especially When You See the Question Mark Reply to Everyone







What's YOUR PURPOSE? (What's the purpose you bring to your work?) SHARE VIA CHAT: ALL NAMES ARE DELETED FROM CHAT STREAM BEFORE SHARING It took a little help from a friend to help my crystalize my professional purpose!

(THANKS, DALE!)

(See any

? problems wit this?)

THINK ABOUT IT: "Purpose isn't magic, it's something we must consciously pursue and create." Uncovering/Reviving/Manufacturing Purpose YOUR IDEAS: How do we over/revive/create purpose for ourselves in our work? Share your ideas in CHAT



(Additional Ideas to Experiment With: Job Craft: design the job or assignments that fit your sense of purpose and solve problems in the workplace. Ask Dale! Identify those moments when you' ve been at your absolute best as a . Reflected Bes Self Exercise What was the situation? Look for themes/threads/through-lines & then consider how you can spend more time in those situations. Take the time to What type of people tune-in to you were you with? What role did you play? comments/questions on these? What do you see that I do well/bring to our situations? 2. Ask for input on you: Look for themes/threads/through-lines & then consider how you can spend more time in those situations. How does my approach affect you? Fyi: Flow is a state of mind that occurs when a person is totally immersed in an activity. It can occur during a wide variety of tasks such as when a person is learning, being creative, or participating in a sport. When in a flow state, people pay no attention to distractions and time seems to pass without any notice. -Verywell Mind 3. How do you find FLOW?









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