

# Finding the Meaning in my Work – Discussion Notes

Presented by Tracy Knofla, High Impact Training  
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1. Identify your career path. Reflect on the experiences that brought you to where you are. What talents do you bring to your job, what do you still have to learn. Who was influential to your professional development? Who are you mentoring?
2. Identify those areas in your position that bring you joy. Have too many other things gotten in the way of you doing what you love?...the things that attracted you to the job in the first place. Be intentional in creating opportunities to bring more of those joyful elements into your day.
3. Most of our “making a difference” moments come as a result of “business as usual.” Because of this, we tend to dismiss their importance. REFLECT and RECORD those moments when you made a difference. When the going gets tough you now have tangible evidence of your accomplishments. Use a broad definition of “Making a difference.”
  - a. Do those activities that bring you energy more often! Don’t let the daily drudgery overtake the energy generating activities.
  - b. Spend lots of time with high and positive energy people. The others take up so much of your energy – you need to replenish your supply. Who would consider YOU their energy supplier?
  - c. Professional development is NOT just about attendance at conferences. Use the collective brainpower of the professionals around you. Be creative in gathering resources to help you stay current or cutting edge in your profession.
  - d. Although we generally give 110% to the job, there are many positive and tangible benefits that we get in return. Our jobs give us opportunities to learn more about ourselves, give us interesting things to talk about with others, provide wonderful opportunities for the family, and provide esteem fulfillment.
  - e. Plan now, for the impact you want to have on those you work with. Want to be known as someone who is fair and honest? Demonstrate those traits in your daily decision making.
  - f. Many people see their job as an opportunity to teach and serve others. Look too, to the lessons that you have learned as a result of your work. We teach, and we are taught!
  - g. Share your “findings” with others – help your staff and co-workers find the meaning in their work!
  - j. Above all, be INTENTIONAL with what is important to you in your work!

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

*With Tracy Knofla, High Impact Training*

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

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

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

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4. What brings me energy in my position?

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

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

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

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

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

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Keep this worksheet somewhere special and refer to it often!