



Career and Professional
Development Center

Workview

Life design tools and methodologies can help you to design a life you love. We want to get you thinking about how your career should fit in with the rest of your life. Some people want to find fulfillment through their careers, whereas other people want their careers to simply fund their life off the clock. Everyone's needs and desires around their life are different, and the being able to articulate your views on work, life, etc. can help you to design a life that is meaningful, joyful, and fulfilling. Being able to articulate your philosophy of work (what work is for and WHY you do it), means you're less likely to let others come in and design a life for you. We know that this will likely change overtime too, and that is okay. Our goal is coherency, which means you're living in alignment with your values and what you believe in.

Use these questions to brainstorm:

- Why do you work?
- How does work relate to individuals, others, society?
- What defines good and worthwhile work?
- What does money have to do with it?
- What do experience, growth, and fulfillment have to do with it?