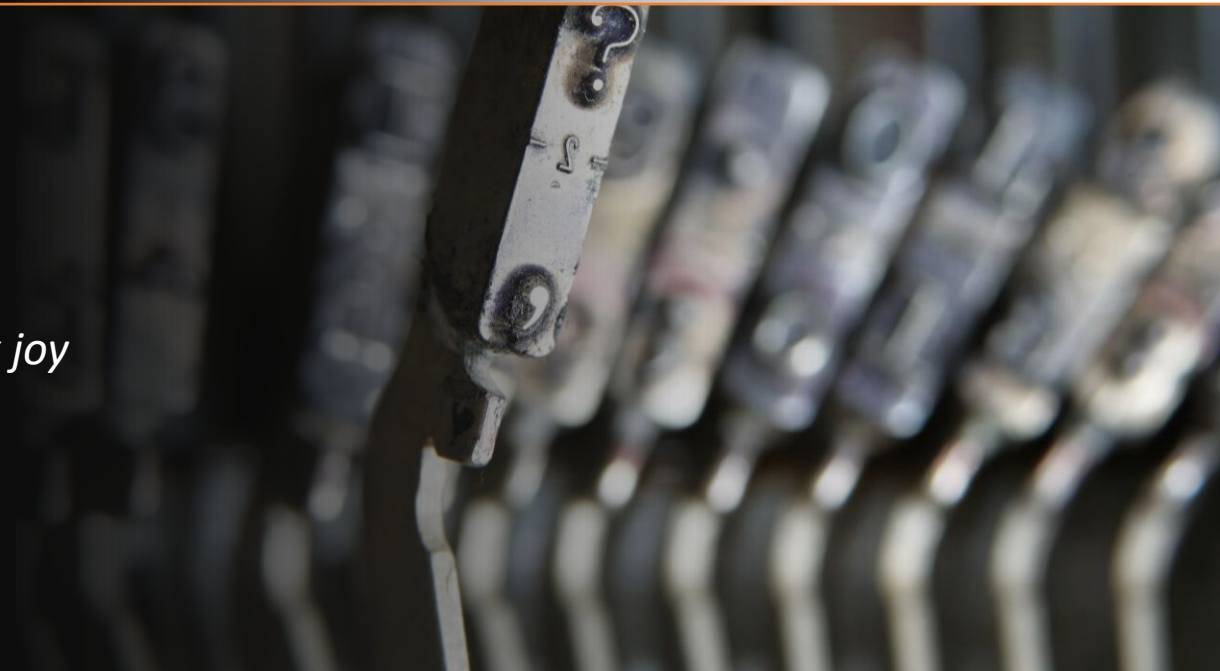


FIND WORK JOY

Love my job

GUIDE

use this guide to map your work joy



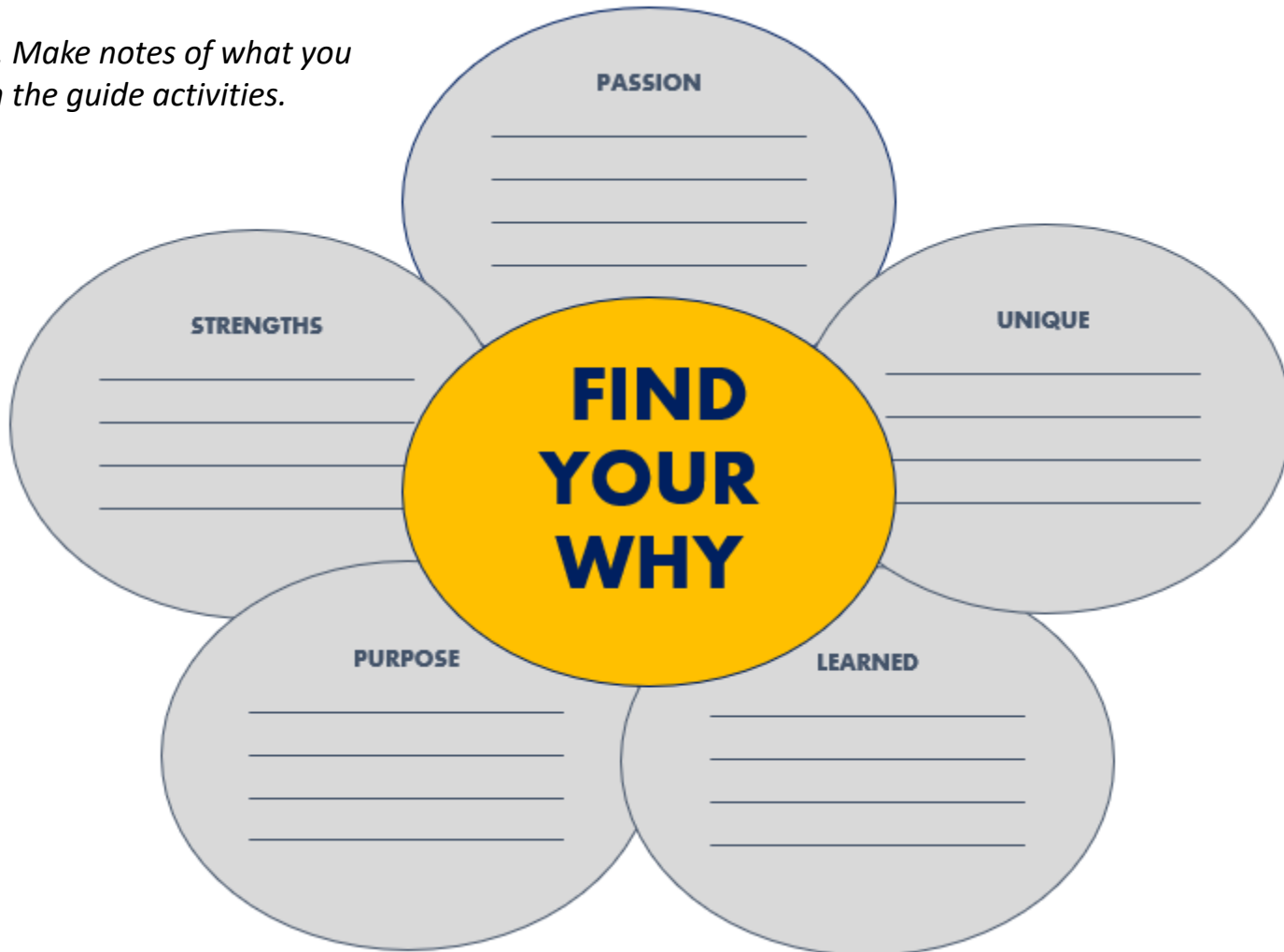
*“Purpose is a journey. Reflection informs
the next leg of the journey.”*

- Sonya Ware

MAP YOUR WORK JOY

VALUES _____

Print this page. Make notes of what you discover in the guide activities.



MAP YOUR WORK JOY

VALUES freedom, creativity, work ethic, family and order



THEMES
Kids/sports
Grassroots
Underserved
Legacy of
joy,
capture &
live moments

VALUES

*A person's principles or standards of behavior;
one's judgment of what is important in life.*

Instructions:

1. Select your top 5 values
2. Add them to your map

Authenticity	Adventure	Balance	Status
Bravery	Compassion	Challenge	Wealth
Citizenship	Community	Creativity	Wisdom
Curiosity	Determination	Fairness	Social Connection
Freedom	Friendships	Fun	Spirituality
Generosity	Growth	Honesty	Stability
Integrity	Justice	Kindness	Responsibility
Knowledge	Leadership	Learning	Security
Love	Loyalty	Openness	Self-Respect
Optimism	Recognition	Respect	<i>+ add your own</i>

STRENGTHS

Natural talents that give you energy, render you with high performance and a valued contribution.

Instructions:

1. Select your top 5 strengths*
 2. Add them to your map
- *use always or most of the time

34 Strengths	LEARNER "What can I learn next?"	ACTIVATOR "What can I do right now?"	MAXIMIZER "How can this be excellent?"	IDEATION "What's a thrilling idea or theory to explain this?"	POSITIVITY "What is amusing about this scenario?"	COMPETITION "Am I better at this than everyone else?"
CONTEXT "How is what happened before a blueprint for the present?"	SELF-ASSURANCE "What, me worry?"	ADAPTABILITY "How can I be flexible?"	INDIVIDUALIZATION "How is each of us unique?"	ANALYTICAL "Why is this true?"	EMPATHY "What are others feeling?"	CONNECTEDNESS "How is this part of something larger?"
DELIBERATIVE "How can I make order out of this chaos?"	SIGNIFICANCE "Live a life that inspires change in unimaginable ways"	ARRANGER "How can I align all these different variables?"	RESPONSIBILITY "How can I do this right?"	ACHIEVER "What can I accomplish today?"	WOO "How can I win others over?"	RESTORATIVE "What is the solution to this problem?"
DISCIPLINE "Brings plans and order to people and places."	FUTURISTIC "Wouldn't it be great if...?"	COMMAND "How can I get others aligned with me?"	STRATEGIC "What are the alternative scenarios and what is the best route?"	COLLECT "What interests me?"	RELATOR "How can I be closer and more genuine with people?"	FOCUS "What is the point?"
INCLUDER "How can I stretch the circle of people wider?"	BELIEF "Does this mesh with my values?"	COMMUNICATION "How can I bring these ideas to life with a story?"	CONSISTENCY "Is everyone being equally treated?"	INTELLECTION "What can I think about now?"	DEVELOPER "What can help others grow?"	HARMONY "Where is the common ground?"

Adapted from Gallup's 34 Strengths – Talent Cards

*“The meaning of life is to find your gift.
The purpose of life is to give it away.”*

- David Viscott

PASSION

*Reflect on your interest and passion.
The moments where you lose all track of time.*



Make notes and add to map.

As a young child, what fantasy games did you play? Who were you, what did you love to do in these games?

In your life today, when do you feel most energized, strong, and like you are expressing who you are fully?

If you had no constraints of time, responsibilities, or money, what would you most want to experience?

At end of your life, what will you regret not having done?

*“Experience is not what happens to you.
It is what you do with
what happens to you.”*

- Aldus Huxley

UNIQUE

Reflect on your unique experience.



some examples

- Born in a war-torn country and immigrated to the United States at 10 years old
- 5-years as the only Black female leader on a major corporation's leadership team
- Grew up in a blended family
- Lived in another country for 10 years
- Traveled the world for a summer living out of a backpack
- Played professional sports
- Olympic athlete
- Homeless
- Single parent
- First generation college graduate
- Born into/married into wealth
- Experienced poverty
- Self-taught photographer
- Natural minimalist
- Learned to play a musical instrument
- Live with a chronic illness
- Learn to speak foreign language

UNIQUE



*Reflect on your unique experience. Can be perceived as disadvantages/advantages.
Good or bad, these experiences have uniquely prepared you for your future.*

Complete the sentences
Make notes and add to map

As a child, teen or young adult, I...

In my lifetime, I have had the opportunity to...

*At the time, this experience felt like a hardship, now I
see that it was uniquely preparing me for the future*

LEARNED

Learned skills and abilities that can be easily transferred to your work, play and/or volunteer roles



Note transferrable skills and abilities

Transferrable Skills

- Communication
- Verbal Communication
- Non-Verbal Communication
- Written Communication
- Train or Consult
- Analyze
- Research
- Plan and Organize
- Counsel and Serve
- Interpersonal Relations
- Leadership
- Financial
- Administrative
- Create and Innovate
- Construct and Operate

Transferrable Experiences

- Project Management PMP
- Storyteller
- Toastmaster
- CPA - CFA
- Technical certifications
- Host/Hostess
- Foodie
- World Traveler
- Working across global timelines
- Improv
- Bookkeeper
- Non-Profit
- Fundraising
- Working within eco-systems
- Design/implement equitable systems

*“Perhaps you were born
for such a time as this.”*

- Esther 4:14

PURPOSE



*Purpose is a journey. Each leg of the journey informs the next.
We inventory our spiritual gifts, values, passion, unique
experiences, learned skills to determine our next move in purpose.*

Note themes of purpose

**What did your 8-year-old self love to do?*

**What are you willing to struggle for?*

**What makes you forget to eat?*

*What moments make it clear to you,
that for such as moment as this, were you born?*

Who am I? What is my gift to the world?

**Samantha Boardman, M.D., founder of PositivePrescription.com*

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SW



What themes did you notice?

What showed up?

What are you going to do next?

Sonya Ware

THANK YOU!

For a private strategy session email
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