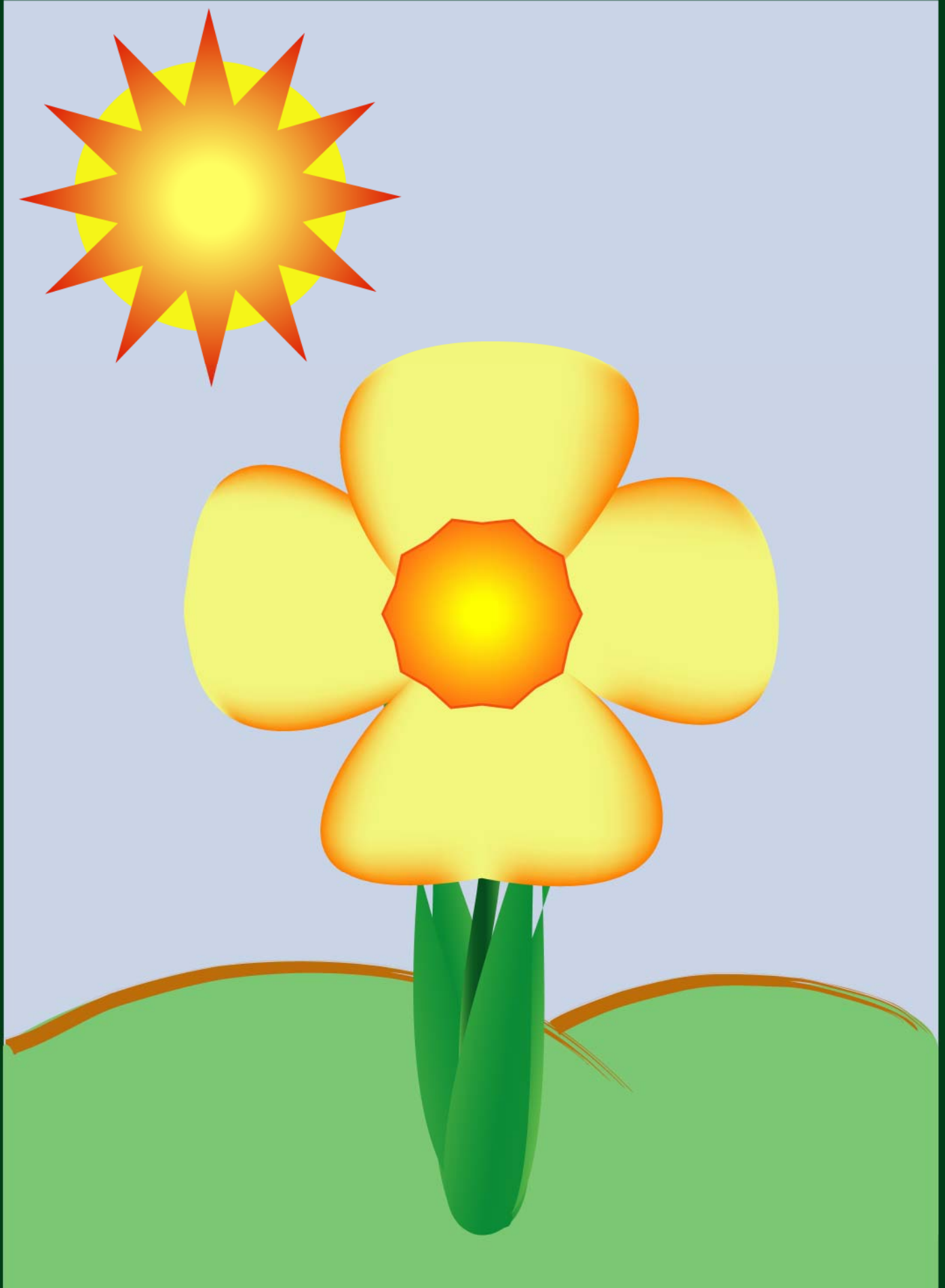


FINDING YOUR VOCATION



FINDING YOUR VOCATION

"Making a life, not just a living, is essential to
one seeking wholeness."

"The workaholic, like an alcoholic ... attempts to find meaning by
working. The individual with a vocation, on the other hand, finds
meaningful work".

The Aquarian Conspiracy by Marilyn Ferguson



Preface

The purpose of this workbook is to help you find your vocation. If you are interested in this challenge there is an immediate job offer for you:

- HELP WANTED -

Satisfaction Unlimited, a company dedicated to the task of helping you find vocational fulfilment has an immediate job opening:

The Applicant

- Have you found the purpose and meaning of your life?
- Are you satisfied with the contribution you have made to the world?
- Are you bored or mismatched in your current job?
- Do you want to find a job you enjoy doing?
- Are you in career transition?
- Do you know how to locate job opportunities?
- Is self-employment for you?

The Job

This unique job requires you to:

1. Clarify the type of work you find most satisfying.
2. Locate your perfect job.

Interested applicants please proceed to Topic 1 now.



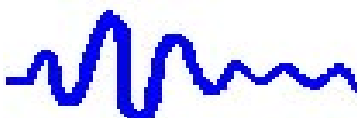
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1: Introduction

What Is Your Vocation?

Three brick masons were asked what are they building by a passer-by. The first replied "I am just laying bricks"; the second replied "I am building a wall"; the third replied "I am building a beautiful cathedral".

Like the third mason, do you feel your job has meaning and purpose beyond its day-to-day tasks and duties? Do you feel a mission in your work and life that lies beyond you? Are you fulfilling a "divine calling" in doing work unique to your special talents and gifts?

This workbook will help you discover your vocation in life, the type of work you are called to do. A vocation is more than a job, it is an inner summons to move in a particular direction, a vehicle for personal transformation. With a vocation, meaning can be discovered in any human service, as contrasted with a career which sees progress only in terms of more security, status, money or power.

The self-reflection exercises throughout the workbook are essential if you are to uncover the ingredients for interesting, challenging and enjoyable work. The more effort you put into these exercises, the more you benefit from the workbook.

An exciting journey awaits you.

Is Your Work in a Rut?

Regardless of whether you are a physician tired of seeing kids with colds, a lawyer fed up of divorce or a bricklayer weary of building houses, if your job has lost its challenge and degenerated into the same routine day after day, chances are your work is in a rut. Worse still, if you live solely for your work, then your whole life will feel like it is in a rut.

Is your work full of challenge and accomplishment? To take your pulse on this question try the following exercise.

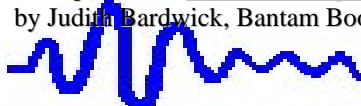




Exercise:¹ Listed below are various statements about the work you are currently doing. Along side each statement, tick the box if you agree or disagree with the statement.

| Statement | Agree | Dis-Agree | Statement | Agree | Dis-Agree |
|--|-------|-----------|--|-------|-----------|
| A don't care attitude about work. Non-involvement. | | | An increase in the number of errors. | | |
| A tendency to withdraw from others; feel excluded. | | | Coming late and leaving early. | | |
| Prolonging decisions. | | | An increase in illness. | | |
| A lack of energy; easily fatigued. | | | Being critical of others. Even hostile or pushy. | | |
| Having no specific goals and no time frame. | | | Living in the past, in the good old days. | | |
| Things just not getting done. | | | Insisting things be done your way. | | |
| Working long hours but not productively or creatively. | | | Routine tasks taking much longer. | | |
| Busy with detail. No sense of what is important. | | | Marked weight gain or loss for no apparent reason. | | |
| Complaining you have no time for yourself. | | | Using drugs, alcohol or tobacco. | | |
| Deadlines being missed. | | | A tendency to fly off the handle. | | |
| Work incomplete, or needing to be redone. | | | Tension or irritability with minor problems upsetting. | | |
| Lack of initiative; doing only what is required. | | | Loss of sense of humour or using put-down humour. | | |

¹ Adapted from The Plateauing Trap, by Judith Bardwick, Bantam Books.



Did you tick more of the agree rather than the disagree boxes in the exercise above? If so, it suggests a long overdue change in your work, and metaphorically speaking, you may need to start with a little gardening job first.

What Type of Flower Are You?

Imagine you are a flower basking in bright sunlight. You are drawn upwards towards the sun as you grow. What draws you upward? What is your purpose in working?

Flowers are of different types. What type of flower are you? What are your abilities and talents? What type of personality do you have?

Growth requires proper nutrients. What motivates you to grow and contribute to society? What values are important to you?

Flowers also need the right environment. What is the right soil to plant your seed? Do you see yourself in a field of flowers, or in a patch by yourself?

Flowers have names. Can you name your job title?

You are to summarise the answers to all these questions on "The Flower Diagram" shown on the next page. It is a convenient one page summary of most of the important factors needed to weigh up in clarifying the type of work that is right for you.

Your Perfect Job

When a magnet is brought under a random array of iron filings, at a critical distance they suddenly spring into a regular formation.

Similarly when you bring intuition close enough to the seemingly unrelated elements in "The Flower Diagram" they suddenly spring into a meaningful formation - your Perfect Job. What would it look like?

On the page following the "Flower Diagram" titled "My Perfect Job", you have the opportunity to write your own job advertisement, exactly as your perfect job would appear.



The Flower Diagram

My Purpose is:

My Strongest Aptitudes are:

1. _____
2. _____
3. _____
4. _____
5. _____

My Main Interests are:

1. _____
2. _____
3. _____
4. _____

My Job Title could be:

1. _____
2. _____
3. _____
4. _____

My Personality Type is:

1. _____
2. _____
3. _____
4. _____

The Surroundings I Like are:

1. _____
2. _____
3. _____
4. _____
5. _____

My Top Values are:

1. _____
2. _____
3. _____
4. _____