

The Meaningful Work Self-Assessment

A reflective worksheet for clarifying what your work provides, what it is missing, and what fear may be keeping you stuck.

How to use this worksheet: Check what is true, then answer the prompts with more honesty than polish.

1. My work currently provides me with

- | | |
|---|---|
| <input type="checkbox"/> Income / stability | <input type="checkbox"/> Challenge |
| <input type="checkbox"/> Learning / growth | <input type="checkbox"/> Autonomy |
| <input type="checkbox"/> Contribution | <input type="checkbox"/> Creativity |
| <input type="checkbox"/> Belonging / team | <input type="checkbox"/> Recognition |
| <input type="checkbox"/> Flexibility | <input type="checkbox"/> Meaning |
| <input type="checkbox"/> Clear path forward | <input type="checkbox"/> Energy more often than depletion |

Other: _____

2. What my work is missing that I would most value

Name the top one or two missing elements rather than everything.

3. If I removed external expectations, what work would interest me enough to develop real skill in?

Think less about image and more about what you would willingly practice long enough to become good at.

4. What is the fear underneath the career choice I keep avoiding?

Name the deeper fear as directly as you can: money, identity, status, disappointing others, starting over, or something else.
