

# This Fearless Life

## Worksheet: The Work I Want To Do

Imagine walking down the street and bumping into an old friend, after catching up she asks 'what is the work you want to do?'

How would you answer? Would you have a concise, accurate response or would it be difficult to discern, wordy or disorganized?

In order to find and do the work you want to do, you have to be able to articulate it with clarity.

Answer the questions that follow (and include any additional questions you may come up with). At first, try to keep your answers to a few words or at most, one sentence - the goal is to be as concise as possible. You can go back later and fill in more detail (or if you're like me, start with all the details and then summarize).

If you get stuck or think you have it nailed - imagine communicating this to a complete stranger - would they be able to help you find the work you want to do as a result?

Question	Response
What work do I want to do...?	
Whom do I want to do it with...?	
Whom do I want to do it for...?	
Why do I want to do it...?	
Where do I want to do it...?	
How do I want to do it...?	
Why would I not do it...?	
What am I giving up to do it...?	
What happens if I don't do it...?	
Who else would do it if I didn't...?	
What do I bring to it that no one else can...?	
What would be lost if I didn't do it...?	
What would I regret having not done it...?	

*Note: If this exercise feels impossibly overwhelming, you're probably thinking about your work too broadly (or you haven't had enough opportunity to reflect on some of these ideas). While it would be great to capture the 'work I want to do for the rest of my life', that's not realistic for most of us (and notice that it isn't the question that was asked). Rather, we need to think in more immediate terms - 'what work do I want to do **right now**'? Careers are iterative, and so will be your ideas about the work you want to do.*