

Appraising My Carrer and Values

Zenquency Worksheet

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation on Appraising Career Values, please bring kind awareness to

- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life

1. Regarding your profession, what are your values?

2. How do you know this?

3. When have your values been most severely tested? How did you respond?

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4. What values are most difficult for you to maintain? Why is that?

5. What practices, structures and relationships do you have in place to support you in maintaining your values?

6. What practices, structures, and relationships do you have in place that makes it difficult to maintain your values?

7. How will you take what you learned from this forward into your life?

Thank you for your mindfulness practice.