

Authentic Role Worksheet

This worksheet is intended to help zoom in on the activities, roles, and functions that help you find a career or work environment that supports your authentic self in relation to your spiritual beliefs.

Step 1: Begin with an open mind. Be sure to complete the following steps quickly and without editing. Try to complete Step 2 in less than a minute. Step 3 should take no more than 15 minutes.

Step 2: Write down all the qualities of your personal spiritual source – using single descriptive words. *(For example you might say... God is: Love, Peace, Hope, Beauty, Balance, Openness... etc.)*

Step 3: In a single column list all of the things you do or are in your day to day life. Pay special attention to the things you do that fill you with the greatest sense of satisfaction regardless of whether you get paid for them or not. Use the back of the sheet if necessary. *(For example you might say... I am a writer, dog walker, mother, sister, friend, rugby player, skateboarder, etc.)*

Step 4: Using the list from Step 3 begin matching each item up with the corresponding qualities it satisfies from Step 2. *(For example if you said “mother” in Step 3 the qualities satisfied by this role might be “Love, Peace, Balance...”)*

God is:

