

# Exercise 2

## Identifying Preferred Ways to Spend Your Time

You have just inherited a trust fund with a guaranteed income for life. This means you will never again need to support yourself by working for a living.

How will you spend your time? Choose at least three activities that are (or would be) satisfying and rewarding to you. Write these in the first column.

Then figure out *what it is* that is so attractive to you about each activity. Why do you enjoy doing it? Write these answers in the column on the right.

Activity	Reasons why it is rewarding
1. _____	a. _____ b. _____ c. _____
2. _____	a. _____ b. _____ c. _____
3. _____	a. _____ b. _____ c. _____

# Exercise 3

## What Work Models Attract And Interest You?

Choose three persons whose work activities (not personalities) are so attractive to you that you would change places with them. Name specific names: You could choose a famous person you know about, or a personal friend or acquaintance. (If you cannot think of a specific name, choose a job title that interests you, e.g., author, civil engineer, schoolteacher.)

Name	Why this person's identity is attractive to me
1. _____	a. _____ b. _____ c. _____
2. _____	a. _____ b. _____ c. _____
3. _____	a. _____ b. _____ c. _____

This exercise begins to organize work values. It can also bring to your attention some of the top people in each field of interest. Discovering people you admire and can use as models helps structure work-life objectives.

One man who completed this exercise in one of our workshops wrote down the top three people in his field; all were nationally famous experts. In less than a year he reviewed his self-assessment exercises and realized with amazement that he had made contact with two of the three persons he had listed. One of the professionals had worked for him as a consultant and the other was currently sharing ideas by correspondence. By taking the time to identify the work identities attractive to him, he consciously or subconsciously took the steps to actually meet and work with the people he admired.