

Being Part of Something Greater: Handout

Most people long to be part of something greater than themselves. Knowing that one is part of a larger, more important whole can increase workplace engagement, satisfaction, and resilience towards stress. These important realizations are sometimes clouded by our day-to-day demands, stressors and the routine, mundane tasks that we do as part of our formal job descriptions. Finding, or reconnecting with purposes greater helps people feel engaged towards a larger, nobler cause.

Instructions: Complete the first two sections in the boxes first. List down your job roles and job descriptions, along with the importance and significance of your job roles. Then, list first the characteristics of the 'Real World' and then your 'Ideal World.' When you have completed the diagram, reflect a bit on how your job is helping build your ideal world.

The diagram consists of two thought clouds at the top. The left cloud is labeled 'Real World' and contains a house icon with a hammer. The right cloud is labeled 'Ideal World' and contains a house icon with a heart. A horizontal arrow points from the 'Real World' cloud to the 'Ideal World' cloud. Below these clouds is a large rounded rectangular box. In the center of this box is a vertical oval containing a simple line drawing of a person's head and shoulders, labeled 'You'. To the left of the 'You' figure is a section titled 'Job Roles and Descriptions' with a clipboard icon and five horizontal lines. To the right of the 'You' figure is a section titled 'Job Role Importance and Significance' with a magnifying glass icon and five horizontal lines. Small circles connect the top of the 'Real World' and 'Ideal World' clouds to the top edge of the main box.