

Soul Qualities in your Work - Exercise

1) How much meaning is in my professional work? Or how much of my soul lives in my work?

Scale from 0-10

2) What kinds of qualities in your work match your soul? (beauty, harmony, space, tolerance, generosity, patience, humility, love, truth, service, group love, creativity, inspiration, innocence, sacrifice)

Scale from 0-10

2 b) What kind of qualities do you need to express that are not expressed in your work?

3) What kind of qualities do you express in your work that do not match your soul, pain you in some way?