

So is there another way to define work?

There is a simple process for redefining any important word. Start by asking where you got the current definition. Then you can evaluate that definition and make any changes.

Column 1

Memories that contribute to your current definition of the word.

Column 2

The definition that came from the source.

Column 3

Assess the validity of your old definition in light of your current purpose and values.

It is important to see that there is no correct “Objective” definition of work. What influences our experience of work is the definition that we have formed subjectively.

Examples

Memory Of Work

This could be something along the lines when you were a child and you helped with the garden, or perhaps you chores, household duties to do, washing up for example.

Contribution

The contribution could be along the lines of praise for working hard or maybe you were told that hard work was good for you.

*******Sidebar*******

(It is important not to get too hung up on the validity of these contributions, if they happened they would have had some influence)

Current Position

Your current position could be something entirely different, for example a means to an end, to pay the mortgage/bills.

*******Sidebar*******

These views/beliefs may still hold true, however the purpose of the exercise is one of Awareness, raising awareness of your definition of work so that you can re-assess and take action if needed.
