

Worldview Reflection Exercise

(From: Designing Your Life 2017)

WORLDVIEW REFLECTION (in 250 words or less)

As with workview, we want you to think about the sources of the views that you have. There are many approaches to worldviews and various prescriptions of what they need to include. Below are some questions which are classically addressed in a worldview (although which are the important questions is a matter of choice). The key thing is to address those highest order values and perspectives that provide the ordering basis for your life, that create the platform that interprets and organizes how you see and understand the world and assign order (or disorder) to it. Your worldview is that which provides your definition of "matters of ultimate concern". You may wish to consider the following questions (and no - of course not comprehensively):

- Why are we here?
- What is the meaning/purpose of life? of death?
- What is the relationship between the individual and others? Between persons and the rest of life and reality?
- What is good or worthwhile?
- What is the meaning of time, of eternity?
- Is there a higher power, transcendency, God and if so - of what nature and to what import for your life?
- What of joy, sorrow, justice, injustice, love, peace, strife, good & evil?

(Draft your worldview in the space provided below)

PLEASE NOTE: A word about the confidentiality in our breakout groups: As should be clear by now and is made unavoidably evident by this exercise, the Build A Meaningful Life & Career Masterclass involves engaging in material with your breakout group on very personal and substantive matters. In order to help you in your pursuit of a coherent and authentic life, we need to relate to these important questions. We do so recognizing that they are intensely personal and matter deeply - and our responses and positions will vary widely. Among us are people of every stripe and all are welcome. We will respect and regard all points of view and work to help everyone in growing closer and clearer on their own best insights in such matters. We hold your worldviews, and all your personal material, in confidence, and hope you will feel free to be candid in order to obtain the most from the experience.