



Find Your Meaningful Work Match: Discover the Type of Work That Fits Your Values and Energy

Purpose: Quickly identify how aligned your current work or career direction is with your deepest values, strengths, and preferred way of contributing so you can choose one focused next step toward more meaningful work.

How to use: Answer each question honestly with **Yes** / **Sometimes** / **No**. Tally scores (**Yes = 2**, **Sometimes = 1**, **No = 0**). Total possible score = **20**. This is a self-reflection tool, not a career test; use results to design a paced experiment toward better fit.

Questions

1. I can name my top 2 core values I want my work to reflect.
 2. I feel energized by at least one activity in my current work most days.
 3. I receive clear feedback that my strengths make a measurable difference.
 4. I have opportunities to use my strengths at least once per week.
 5. I can describe one group or cause I want my work to serve.
 6. I can tolerate uncertainty while testing new work directions.
 7. I have time or budgeted space to run a small work experiment.
 8. I have someone who can give honest feedback about fit and market demand.
 9. I can describe a realistic next step that would move me closer to meaningful work.
 10. My current schedule allows regular recovery so meaning doesn't burn me out.
-

Scoring Guide

- Add your points (**Yes = 2**, **Sometimes = 1**, **No = 0**).
 - **0–7 = Exploratory Seeker**
 - **8–13 = Intentional Tester**
 - **14–20 = Meaningful Mover**
-



Result Summaries and Next Steps

Exploratory Seeker 0–7. Your sense of meaning is emerging but unclear; rushing may cause missteps or added stress. Choose one value today, list three actions that would express it, and run one tiny experiment this week (informational call, volunteer hour, or short course module).

Intentional Tester 8–13. You have growing clarity and some supports; targeted testing and feedback will shorten the learning curve. Design a 3-week validation plan: two informational interviews, one small project or volunteer shift, and a quick feedback session with a mentor.

Meaningful Mover 14–20. You already align work and meaning in key ways; focus on scaling impact and sustainable boundaries. Commit to one 30-day pilot (paid or volunteer), document outcomes, and set two protective boundaries to maintain energy while scaling.

Three Practices to Start Today

- **Values Flash 3 min:** Write your top value and the single task this week that best expresses it.
- **One-Question Interview 15 min:** Ask a practitioner: “What’s one underestimated skill that signals fit in this work?” and note one action.
- **Micro-Pilot Log 5 min:** After any small test, jot: What I tried; What worked; One tweak.

Bonus: Informational Interview Script

Hello, I’m [Your Name];

I’m exploring work in [field] and would value 15 minutes of your time to learn from your experience. Could you tell me what one skill or habit most predicts success in this role, what a typical day looks like, and one common challenge newcomers underestimate? Is there one small project or learning step you’d recommend I try next, and might you suggest one person I should speak with for a different perspective?

Thank you for your time. May I follow up with a short note on what I learned and one question about next steps?