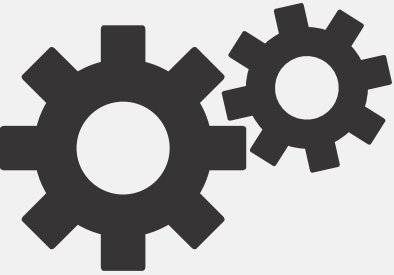


Work Domain



Description:

The work domain has to do with intentional production that creates purpose. It includes but is not limited to focus, attention, social value, services, and products. A healthy relationship with the work domain understands putting appropriate attention on appropriate things. Unhealthy work can look like laziness, inefficiency, and unproductive busyness.



Personal Example

Examples of work at a personal level can be focusing on important over urgent matters and serving people in a way that feels meaningful.



Family Example

Work in the family looks like being present physically, emotionally, and mentally. It's doing the hard things in life together, anything from daily chores to working together in an unexpected crisis.



Organization Example

Organizational examples of work looks the tasks you are hired to do. It involves prioritizing important things and keeping responsibilities, including time management and energy management.



Government Example

Government examples can look like the making of laws, passing budgets, addressing constituent concerns, etc.
