



Level One Episode Guide

EPISODE 2: It's Completely Subjective

Creating a world of work where people discover their significance and purpose

"The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well."

- Ralph Waldo Emerson

1 Significance

Who I am matters

Who I am is worthwhile

2 Purpose

What I do and how I spend my time matters

What I am doing is worthwhile

3 Enrolling Others

To increase my sense of purpose, start by asking for help with what I'm working on.

Receiving help is an implicit way of saying, "What I'm doing matters and I need help because what I'm doing is worthy of getting help"

When people make positive meaning of who they are and what they do, that's when they are able to be their best, most productive, most engaged, and most impactful.

In your own words, define significance and purpose.

How did a project you were working on gain more meaning when you asked for help?

What about the process increased your sense of significance and purpose?

What have you yet to ask for help with?