

The Oaks Wellness Model Physical Work Worksheet



Welcome! As you explore this course, we hope that you will gain understanding about the importance of physical work and how giving meaning to your work will change the way you are able to accomplish tasks.

At The Oaks, we define physical work as finding _____ or _____ in _____ and daily _____.

Life is full of work to be done, and at times, it can be hard to find the motivation to complete the work we have ahead of us. Maybe we procrastinate and put off our work, or maybe we have a burst of energy to start a task, but give up on it before it is finished. Whatever your struggle may be, this course will help you learn how to keep a healthy mindset around work, which will help you push through difficult tasks and frustrating days with motivation and purpose. Remember, everyone has room to grow in these areas, and **there is no shame in being where you are**. Be gentle with yourself as you honestly reflect throughout this course.

Take a moment to reflect and answer the following question: What do **YOU** have a difficult time doing because it feels hard or meaningless?

With those difficult tasks in mind, let's learn some strategies to help you push through those tasks even when you struggle to find motivation and purpose.

In the space below, write a definition of perseverance in your own words.

Perseverance:

Breaking it down.

Like Alicia said, we can build our perseverance when we break our work into smaller tasks. In the space below, write about how you can break down one of your difficult tasks.

Taking short breaks to rest.

It is important to take short, restful breaks in between tasks, especially when you are doing physically demanding work. Taking a break to cool off, rest your muscles (or your mind), and drink some water for 5-10 minutes can help restore your energy so you can keep working on accomplishing your tasks.

Focus on one step at a time.

It takes effort, but staying aware of what we are thinking about as we work can help us stay present and focused on the work we are doing, and can actually make us more productive.

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Making meaning.

Like Alicia said, thinking that our work is meaningless can make tasks feel like a waste of our time. However, on the other hand, finding meaning and purpose in our work can increase our motivation and help us accomplish that work. How would your life change if you believed that your work was worth doing?

Sometimes the work in front of us just doesn't seem meaningful, but regardless of the work you have to do, the way you think about your work can bring it meaning. There are different types of meaning that we can bring to work- define each one in your own words below:

Cognitive Meaning:

Task Meaning:

Relationship Meaning:

Think back to one of the difficult tasks you mentioned above, and write down one of the ways you can give that task meaning.

Believe it or not, you have already been practicing this as you have created your wellness wheel & personal wellness goals. Do you remember coming up with your "wellness why"? This "wellness why" could have been any number of things, but its purpose was to motivate you to keep working towards your personal wellness goals, even when it wasn't easy for you. Go ahead and write your "wellness why" down here:

Friend, you have so many tools to not only accomplish your work, but to find meaning and purpose in it as well. Finding meaning in your work is a **SKILL** that can be developed. It takes time, effort, and practice to find meaning in work and persevere through it, but it is definitely worth doing.

Remember, **YOUR** loved ones need your important work, **YOUR** community needs your specific gifts & skills, and **YOU** will benefit from feeling like you are making a difference through the work that you are doing. Your work matters, so keep up the good work!