

EXERCISE 3 – BENEFITS WORK PROVIDES

Work provides us with many important needs beyond income! A successful retirement requires you to find replacements for many aspects of employment often taken for granted. The acronym below will help remind you of some of the benefits that work routinely provides for you. Of the 12 items below, what will be the most challenging benefit for you to replace? In the box to the right of that item put a “1”. For the next most challenging benefit place a “2”. Continue until you’ve put a “12” next to the easiest work benefit you’ll need to replace.

	BENEFITS	THE WAY YOU CURRENTLY MEET THIS NEED AT WORK	R
W	WAGES	Income, savings & benefits (vacations, holidays, sick leave)	□
O	ORDER	Organization, structure, routine, harmony	□
R	RELATIONSHIPS	Colleagues, associates, clients, friends, coworkers, etc.	□
K	KNOWLEDGE	New products, education, on-the-job training	□
P	PURPOSE	Reason to get up, meaning, something to look forward to	□
R	RECOGNITION	Acknowledgment, title, respect, appreciation, admiration	□
O	OPPORTUNITY	Promotions, new work, new acquaintances, new ideas	□
V	VALUE	Providing quality products or service, meaning of work	□
I	IDENTITY	Embracing company's goals, position, being part of a team	□
D	DIRECTION	Goals, knowing what needs to be done and by when	□
E	EXPERIENCE	Time and place to achieve and develop skills	□
S	STABILITY	Predictability, consistency, permanence, strength	□