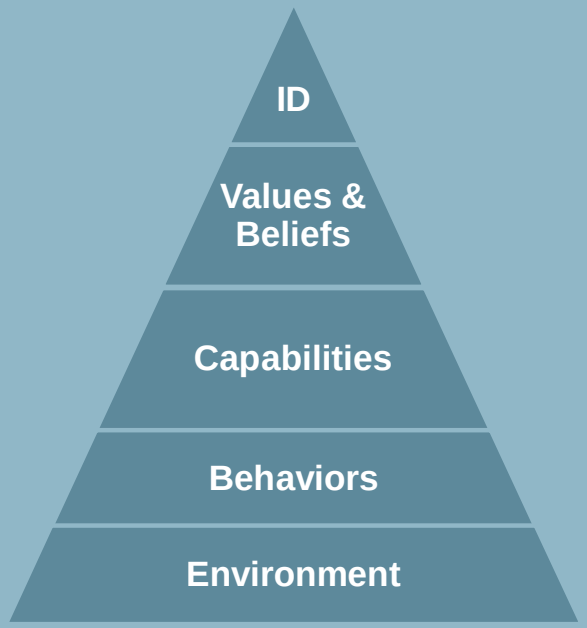
Mindful Clarity
Sonja Lang



Elements	Example Job offering
Outside the self Sense of a larger community What else or who else that places our else into context	How does the job fit into community, the region, the country, the world? Would I be at peace with the job?
ID - Who Directly supported by values and beliefs. Who do I see myself as? Who do I want to play in my life? Who I am at my core?	Does the job fit with who I want to be?
Values & Beliefs - Why Filter through which life events and life situations are interpreted. Motivation or permission to act or limit our sense of what's possible and inhibit or block the beneficial actions that you could take.	Check-in with myself: can I do the job well? Are my values in-sink with the job?
Capabilities - How Capabilities, strategies, and plans that direct how your actions are selected and monitored: personal strength and weaknesses decide how actions are applied	How do my capabilities match with the job?
Behaviors - What	What am I supposed to do? What actions are applied to a typical work day?
Environment - Where and When	Where is the company? When are the working hours?

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sonja.lang@mindfulclarity.org