A TIME TO CONTEMPLATE

Inspired by

Henry D. Thoreau

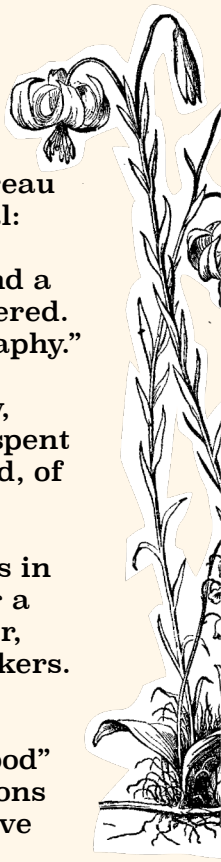
By

WORK & FRIENDS

For

WORK LABS WORK APPROVED

A TIME TO
CONTEMPLATE



Over one hundred and fifty years ago, Thoreau sat beside a pond and wrote in his journal:

"Direct your eye right inward, and you'll find a thousand regions in your mind yet undiscovered. Travel them, and be expert in home-cosmography."

Writer, naturalist, philosopher, visionary, Thoreau was the consummate ponderer. He spent his life asking questions of the natural world, of commerce, of society, of himself.

Though few of us are able to spend our lives in the wilderness or pass our days observing a sparrow, we are all, in one way or another, observers. We are all, consciously or not, seekers.

What kind of responsibility do we have to the world? What does it mean to be a "good" business? We've been asking a lot of questions around WORK, and we have a feeling you've been asking your share, too.

And so, from one seeker to another, we present you this gift.

May you find your own Walden Pond,

Cabell S Harris

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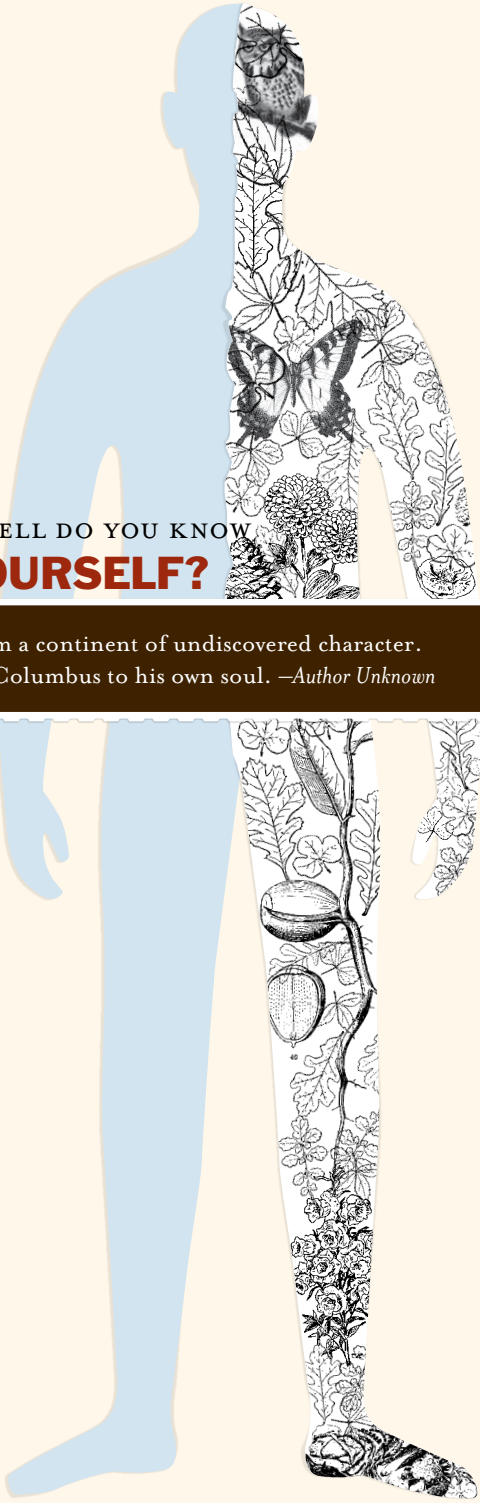

HOW WELL DO YOU KNOW

YOURSELF?

Every one of us has in him a continent of undiscovered character. Blessed is he who acts the Columbus to his own soul. —*Author Unknown*

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How and where did you spend your time when you were ten years old?

When do you feel most yourself now?

Where do you feel most at peace? Most inspired? Most alive?

What is your most indispensable possession?

Who do you most admire? What qualities do you share with that person?

What are you optimistic about?

What are you pessimistic about?

What are you afraid of?

What's the most remarkable thing you've ever done?

The most courageous?

The most selfless?

The most adventurous?

What's the best thing anybody's ever said to you?

Worst?

What would you consider to be the greatest compliment you could receive?

HOW SUCCESSFUL ARE YOU?

1 2 3 4 5 6 7 8 9 10

NOT SUCCESSFUL ← → VERY SUCCESSFUL

HOW HAPPY ARE YOU?

1 2 3 4 5 6 7 8 9 10

NOT HAPPY ← → VERY HAPPY

How much does happy have to do with success?

"LEARNING HOW TO OPERATE A SOUL FIGURES TO TAKE TIME."

—Timothy Leary

What's the best time of day for you to reflect?

What circumstances put you in a thoughtful mood?

How much control do you have over those circumstances?

"WE KNOW WHAT WE ARE, BUT KNOW NOT WHAT WE MAY BE."

— *William Shakespeare*

What's still to come in you?

WHAT ARE

YOU MADE OF?

"You cannot dream yourself into a character;
you must hammer & forge yourself one." —*James A. Froude*

What five moments have most shaped the way you are?

1 _____

2 _____

3 _____

4 _____

5 _____

What five people have most influenced your sense of right and wrong?

1 _____

2 _____

3 _____

4 _____

5 _____

What people and events have most formed your ideas about the world?

"A MAN WHO VIEWS THE WORLD THE SAME AT FIFTY AS HE DID AT TWENTY HAS WASTED THIRTY YEARS OF HIS LIFE."

—Muhammad Ali

How have your views of the world changed over the last thirty years?

CHARACTER

"MORAL QUALITY; THE PRINCIPLES AND MOTIVES THAT CONTROL THE LIFE."

"ACTION IS CHARACTER." *—F. Scott Fitzgerald*

How do *you* define character?

Charles Schultz, creator of the "*Peanuts*," had his own thoughts about character, which he shared with people by way of these two little quizzes:

QUIZ 1

1. Name the five wealthiest people in the world.

2. Name the last five Heisman trophy winners.

3. Name the last five winners of the Miss America pageant.

4. Name ten people who have won the Nobel or Pulitzer Prize.

5. Name the last half dozen Academy Award winners for best actor and actress.

6. Name the last decade's World Series winners.

How did you do?
The point is, none of us remember the headliners of yesterday.
These are no second-rate achievers. They are the best in their fields.
But the applause dies. Awards tarnish. Achievements are forgotten.
Accolades and certificates are buried with their owners.

QUIZ 2

1. List a few teachers who aided your journey through school.

2. Name three friends who have helped you through a difficult time.

3. Name five people who have taught you something worthwhile.

4. Think of a few people who have made you feel appreciated and special.

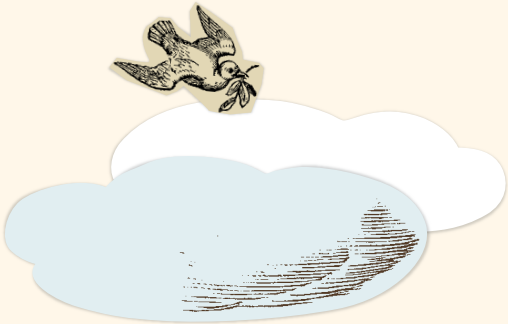
5. Think of five people you enjoy spending time with.

Easier?
The lesson: The people who make a difference in your life are not the ones with the most credentials, the most money, or the most awards.
They are the ones who care.

"CHARACTER IS HIGHER THAN INTELLECT. A GREAT SOUL WILL BE STRONG TO LIVE AS WELL AS THINK." *— Ralph Waldo Emerson*

In the people you know, do you tend to place a higher value on character or intellect?

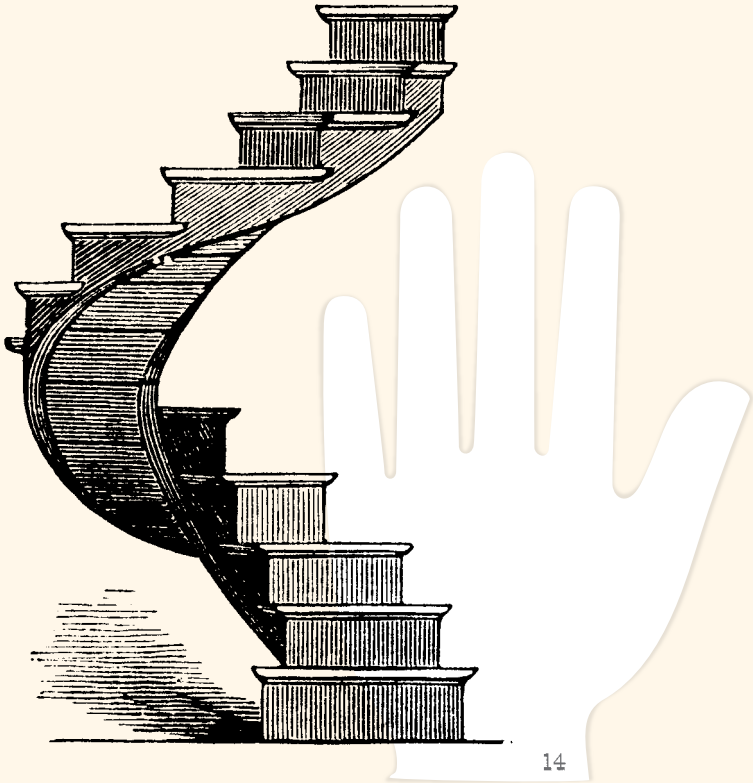
Which do you value more in yourself?



WHAT DO

YOU BELIEVE IN?

"Faith is taking the first step even when you don't see the whole staircase." —*Martin Luther King, Jr.*



When was the last time you took a risk?

What do you wish you had the courage to do?

An ancient history book states that faith is
"BEING SURE OF WHAT YOU HOPE FOR AND CERTAIN OF WHAT YOU DO NOT SEE."

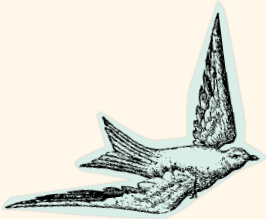
Do you believe in a God?

What is God?

What role does your idea of God play in your work?
In your sense of purpose?

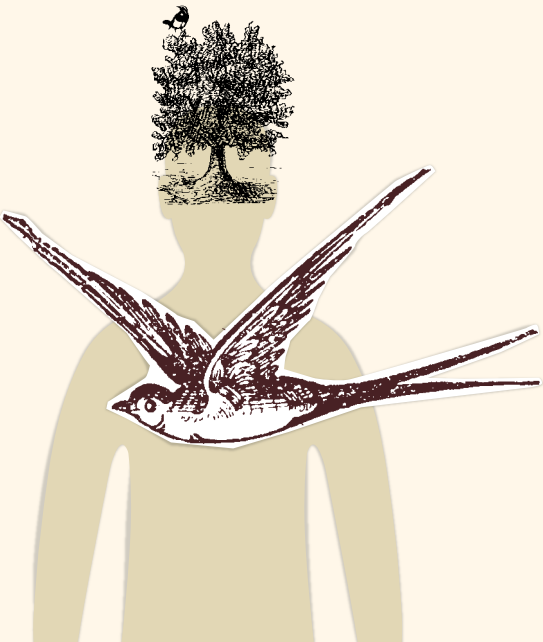
"BE FAITHFUL IN SMALL THINGS BECAUSE IT IS IN THEM THAT YOUR STRENGTH LIES." — *Mother Teresa*

To which things in your life are you most attentive?
Do you spend most of your energy on the big things or the small things?



WHAT DO YOU DREAM OF?

"The man who has no imagination has no wings." — *Muhammad Ali*



What do you dream at night?

What do you dream during the day?

"A MAN IS A SUCCESS IF HE GETS UP IN THE MORNING AND GETS TO BED AT NIGHT, AND IN BETWEEN HE DOES WHAT HE WANTS TO DO." *– Bob Dylan*

Are you doing what you want to do?

Is it possible to live your dreams?

"A MAN IS RICH IN PROPORTION TO THE NUMBER OF THINGS HE CAN AFFORD TO LET ALONE." *—Thoreau*

Is it your dream to do something important with your life
or to live in a way that affords you the ability to do very little?

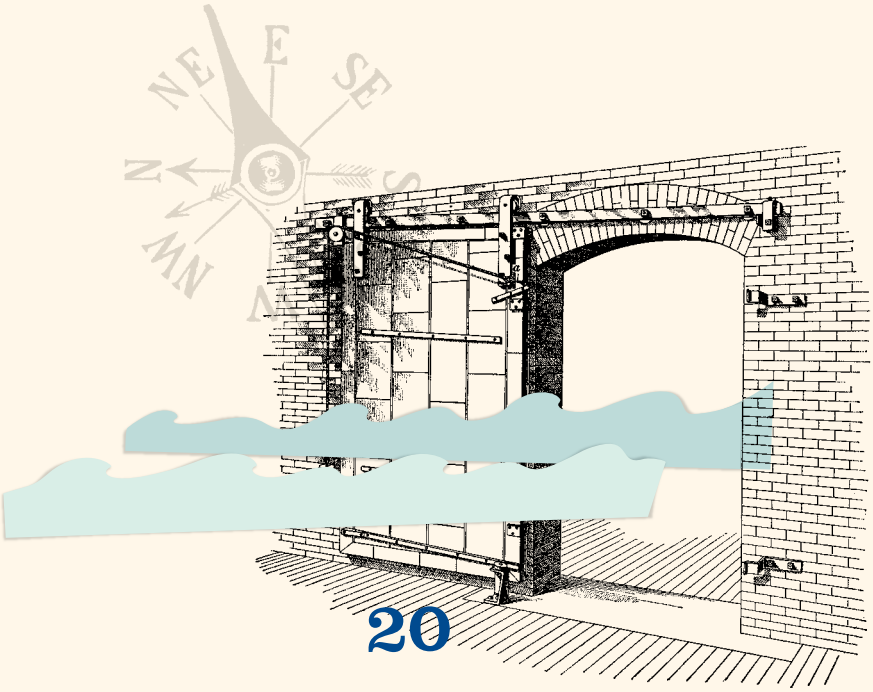
WHAT ARE

YOU DOING HERE?

"You must live in the present, launch yourself on every wave, and find your eternity in each moment." — *Thoreau*

WHERE ARE

YOU HEADED?



According to Rainer Maria Rilke,
"The purpose of life is to be defeated by greater and greater things."

Shirley Maclaine once said:
"I think of life itself now as a wonderful play
that I've written for myself, and so my purpose is to have
the utmost fun playing my part."

On a scale of Rilke to Maclaine, where are you?

What is your purpose?

"Look, I don't want to wax philosophic, but I will say that if you're alive you've got to flap your arms and legs,you've got to jump around a lot, for life is the very opposite of death, and therefore you must at very least think noisy and colorfully, or you're not alive." *— Mel Brooks*

"Unbeing dead isn't being alive."
— E. E. Cummings

When's the last time you wandered, walked out the door without a destination? What did you do? What did you see?

"PERHAPS THE TRUTH DEPENDS ON A WALK AROUND THE LAKE."

—Wallace Stevens

What if you walked out of your office right now with absolutely no plan?

Where did you go? What did you see?

What could you change about your circumstances
that might introduce you to a new part of yourself?

"I MET A LOT OF PEOPLE IN EUROPE. I EVEN ENCOUNTERED MYSELF."

~James Baldwin

"A JOURNEY IS A PERSON IN ITSELF; NO TWO ARE ALIKE. AND ALL PLANS, SAFEGUARDS, POLICING, AND COERCION ARE FRUITLESS. WE FIND THAT AFTER YEARS OF STRUGGLE THAT WE DO NOT TAKE A TRIP; A TRIP TAKES US." —*John Steinbeck*

Where has the trip taken you so far?

If your life were a map, where would the wilderness areas be?
The tangly places?
The places you haven't yet been?

"IF YOU DON'T GET LOST, THERE'S A CHANCE YOU MAY NEVER BE FOUND."

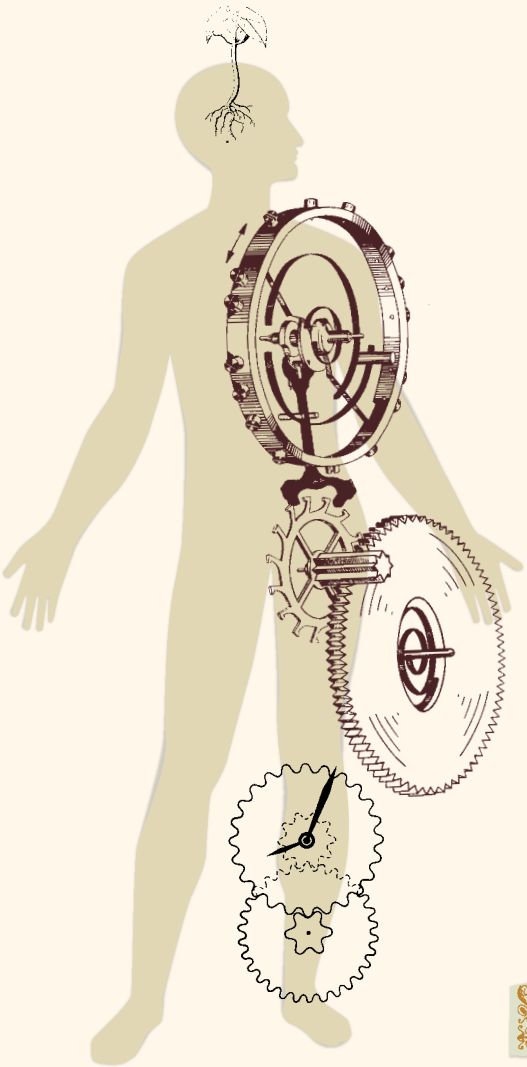
—*Author Unknown*

HOW DO YOU

KEEP GOING?

"To many people adversity, trials, afflictions and similar disciplinary experiences are like stumbling-blocks...
In reality they are stepping-stones upon which we may mount into a sphere of less selfishness and greater service."

Extracted from the 1923 book HAPPINESS, *by Frederick S Attwood*



What are the hardest moments you can remember?

What did you learn from those difficult times?

How are you a different person because of them?

"THE PESSIMIST SEES DIFFICULTY IN EVERY OPPORTUNITY. THE OPTIMIST SEES THE OPPORTUNITY IN EVERY DIFFICULTY."

—Winston Churchill

According to Dr. Robert Leahy:
"People worry as a tool, as a mental strategy to get rid of uncertainty
and to somehow control things that they cannot control, and once you realize
how hopeless that really is … that's liberating … and you're going to focus on things
in the present moment that you really can enjoy …"

He also said:
"Eighty five percent of the things that people worry about
actually have a positive outcome.
So they're worried about all these things that turn out to be okay."

List your worries:

Circle the worries you have control over.
Cross out the ones you can't control.

"WHEN WE ARE NO LONGER ABLE TO CHANGE A SITUATION WE ARE CHALLENGED TO CHANGE OURSELVES."

— Viktor Frankl

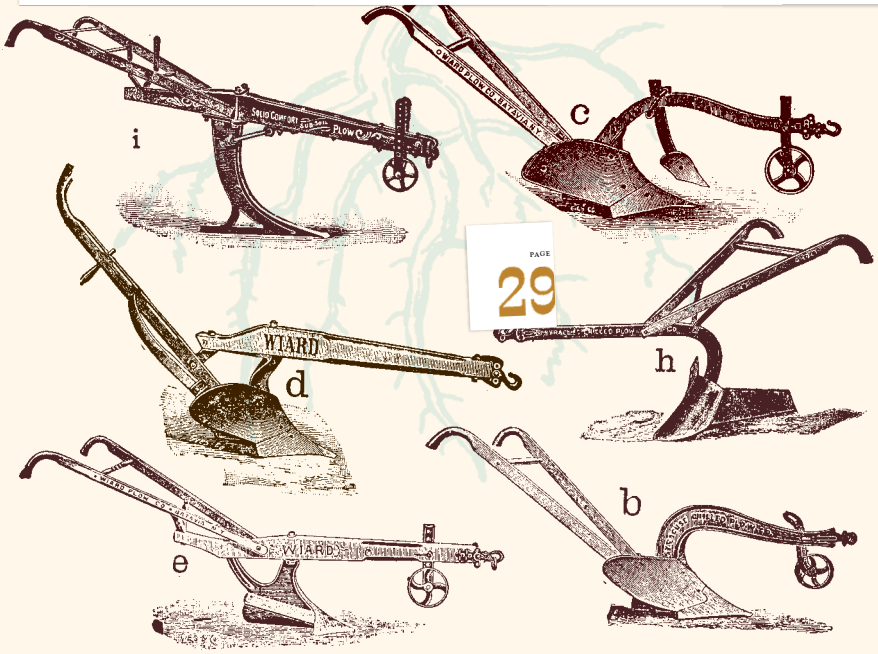
When in your life have you found this to be true?

Milton, creator of PARADISE LOST, *lost sight after reaching middle age. He once said,*
"He that hath light within his own clear breast
may sit in the center of the night and enjoy bright day."

WHY DOES

YOUR WORK MATTER?

"It is not enough to be industrious; so are the ants. What are you industrious about?" —*Henry David Thoreau*



Toward what end are you working?

Are you doing the work you were born to do?

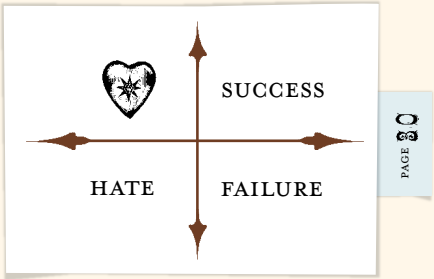
**"YOUR WORK IS TO DISCOVER YOUR WORK,
AND THEN WITH ALL YOUR HEART TO GIVE YOURSELF TO IT."**

— Buddha

How much of yourself do you give to your work?

**"I'D RATHER BE A FAILURE AT SOMETHING I LOVE
THAN A SUCCESS AT SOMETHING I HATE."**

— George Burns



"ALL ENDEAVOR CALLS FOR THE ABILITY TO TRAMP THE LAST MILE, SHAPE THE LAST PLAN, ENDURE THE LAST HOURS TOIL. THE FIGHT TO THE FINISH SPIRIT IS THE ONE CHARACTERISTIC WE MUST POSSESS IF WE ARE TO FACE THE FUTURE AS FINISHERS."

— Thoreau

How will you know when your work is done?

What, in your work, is the ultimate achievement?
By whose standard? Yours? Your employer's? The world's?

What is beyond the ultimate achievement?

WHAT IS YOUR

OBLIGATION TO THE WORLD?

"It is every man's obligation to put back into the world at least the equivalent of what he takes out of it." — *Albert Einstein*

How do we take up the challenges of the 21st century
and be more courageous in our work?

Make a list of the gifts the world has given you.

Make a list of the gifts you've given to the world.

"REMEMBER ALWAYS THAT YOU NOT ONLY HAVE THE RIGHT TO BE AN INDIVIDUAL, YOU HAVE AN OBLIGATION TO BE ONE." — *Eleanor Roosevelt*

What obligation do we have as individuals?

How does our obligation differ from the obligation of our parents?

"THE WORLD IS A DANGEROUS PLACE, NOT BECAUSE OF THOSE WHO DO EVIL, BUT BECAUSE OF THOSE WHO LOOK ON AND DO NOTHING." *—Albert Einstein*

Is there something you've been ignoring in your life?

What one small step closer to it could you take today?

"YOU MUST LOVE THE CRUST OF THE EARTH ON WHICH YOU DWELL MORE THAN THE SWEET CRUST OF ANY BREAD OR CAKE; YOU MUST BE ABLE TO EXTRACT NUTRIMENT OUT OF A SAND HEAP."

—Thoreau

THE SIX CORE ETHICAL VALUES

according to the Josephson Institute, Center for Business Ethics

TRUSTWORTHINESS

BE HONEST

Don't deceive, cheat or steal
Be reliable — do what you say you'll do
Have the courage to do the right thing
Build a good reputation
Be loyal — stand by your family, friends and country

RESPECT

TREAT OTHERS WITH RESPECT; FOLLOW THE GOLDEN RULE

Be tolerant of differences
Use good manners, not bad language
Be considerate of others' feelings
Don't threaten, hit or hurt anyone
Deal peacefully with anger, insults and disagreements

RESPONSIBILITY

DO WHAT YOU ARE SUPPOSED TO DO

Persevere: keep on trying!
Always do your best
Use self-control
Be self-disciplined
Think before you act
Be accountable for your choices

FAIRNESS

PLAY BY THE RULES

Take turns and share
Be open-minded; listen to others
Don't take advantage of others
Don't blame others carelessly

CARING

BE KIND

Be compassionate and show you care
Express gratitude
Forgive others
Help people in need

CITIZENSHIP

DO YOUR SHARE TO MAKE YOUR SCHOOL AND COMMUNITY BETTER

Cooperate
Get involved in community affairs
Stay informed; vote
Be a good neighbor
Obey laws and rules
Respect authority
Protect the environment

Using the six core ethical values as your guide,
write a progress report for yourself.

Trustworthiness

Respect

Responsibility

Fairness

Caring

Citizenship

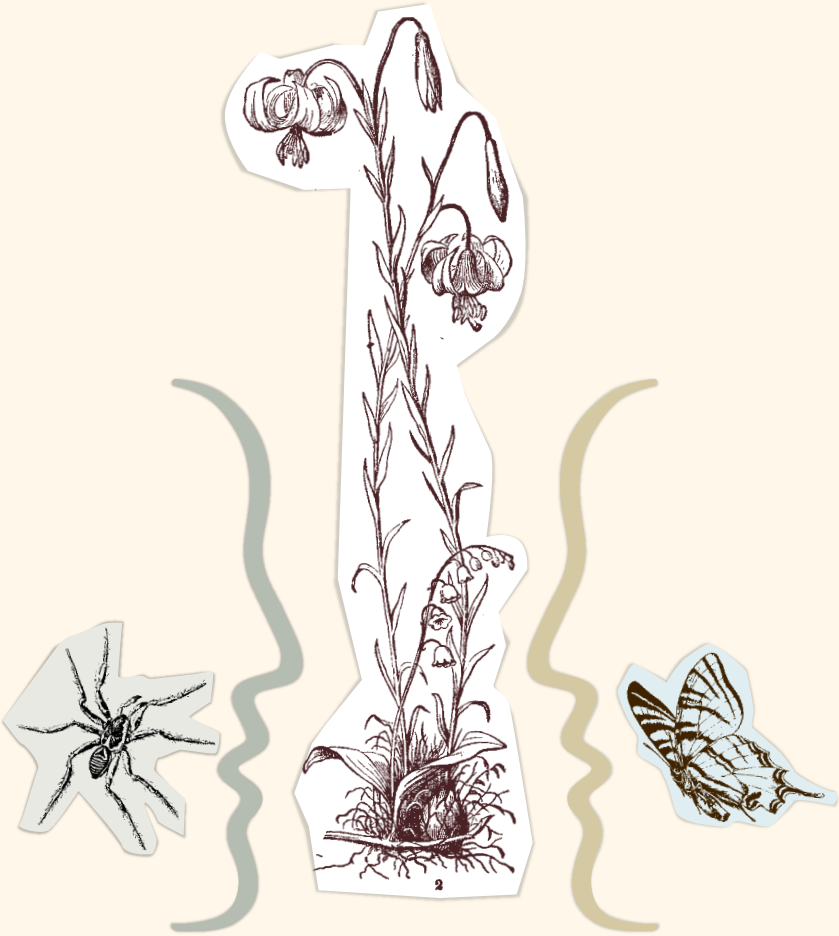
"OUR DUTY, AS MEN AND WOMEN, IS TO PROCEED AS IF LIMITS TO OUR ABILITY DID NOT EXIST. WE ARE COLLABORATORS IN CREATION."

—Teilhard de Chardin: French geologist, priest, philosopher and Mystic

WHAT WILL THEY

SAY ABOUT YOU?

"It seems to me that if you or I must choose between two courses of thought or action, we should remember our dying and try to live so that our death brings no pleasure to the world." —*John Steinbeck*



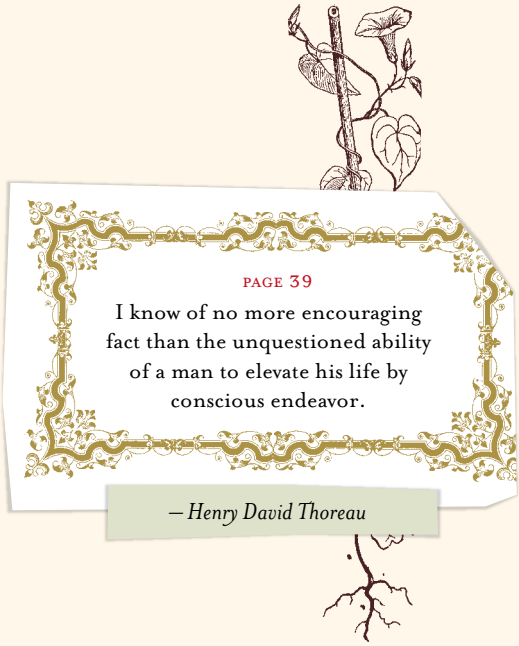
What will be said about you after you've gone?

What will your colleagues say?

What will your family say?

What will your friends say?

What will be your legacy?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I know of no more encouraging fact than the unquestioned ability of a man to elevate his life by conscious endeavor.
— Henry David Thoreau

LET'S BE FRIENDS AND COLLABORATE ON SOMETHING

Whether we're creating an advertising campaign that will break through the clutter or bringing our own products to market, we know we are ultimately in the idea business. We publish books. We brew our own beer. We're designers, writers, strategists, professors, and students. And we're all brought together by one common belief: Nothing is more compelling than a smart idea, executed well.

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