Dealing with My Emotional and Spiritual Core at Work

Healing

In what ways have other people or work or life itself hurt me—creating wounds that are in need of further healing?

What barriers might I have built up within me that inhibit my healing process?

What can I do to be more forgiving, to let go of any self-pity or resentment, to be more receptive to my ongoing healing?

Reconciliation

With whom do I need further reconciliation?

From whom do I need to ask forgiveness? What steps can I take to make amends, if at all possible?

Who is there from whom I have been distant and to whom I am being prompted to move closer? How will I respond?

Inspiration

Am I experiencing anything life draining at work? If so, what?

How can I become more inspired? How can my heart and soul be more readily engaged in my work?

What can I do to strengthen my sense of meaning and purpose at work?

Discernment

Am I experiencing any uncertainties or confusion at work? If so, what?

What steps can I take to look within my inner spirit for wisdom? What questions do I need to ask myself? What do I need to pray about?

To whom can I turn to for guidance—coworkers, family, friends, counselors, authors, faith/spiritual community leaders or members? What will I do?