

## 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?