

Discussion Questions for

Spirituality at Work *10 Ways to Balance Your Life on the Job*

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Chapter 1: What Does It Mean to Be Spiritual at Work?

1. What are some characteristics we typically ascribe to being “spiritual”?
2. How does Pierce’s view of spirituality differ from that?
3. How does Pierce’s view of spirituality of work differ from most typical beliefs about spirituality and work?
4. If we accept Pierce’s definition of the spirituality of work, what changes might that suggestion for our spiritual lives?

Chapter 2: How Can Work Be Spiritual?

1. What meaning do you find in work?
2. Describe how people are treated in your workplace (Colleagues, Supervisors, Clients/Customers, Competitors, Employees, Others)?
3. What is your opinion of the concept of discipline (i.e., self-development practices) of spirituality of work?
4. What is your opinion of the criteria for disciplines of the spirituality of work? What suggestions do you have to improve them?

Chapter 3: [The first discipline] Surrounding Yourself with Sacred Objects

1. What could be made into a Sacred Object in your workplace?
2. Why would you make Sacred Objects? Why the particular Sacred Objects?
3. How would you select your Sacred Object(s) in your workplace? How would you use them?
4. What would your attitude be like if you identified and used a Sacred Object in your workplace?
5. What would be your first step toward selecting and using Sacred Objects in your workplace?
6. How would you feel about that?

Chapter 4: [The second discipline] Living with Imperfection

1. What does living with imperfection mean to you? What imperfections would you need to live with? What imperfections could not be accepted?
2. Why is it important for you to live with imperfection?
3. How would you go about living with your own imperfection? That of others? What would you do differently?
4. Describe how your workplace would change if you and others in it were willing to live with imperfections?

5. What would be your first step toward consciously choosing to live with imperfections?
6. How would living with imperfections, forgiving your own and that of others, make you feel?

Chapter 5: [The third discipline] Assuring Quality

1. Why is Quality a spiritual discipline?
2. What do you mean by Quality work in your workplace? What about your colleagues? Customers/Clients? Others?
3. How can you work to improve the Quality of your work in your workplace? That of others?
4. What would your workplace be like if you strove for Assured Quality in your work?
5. What would be your first step toward assuring quality in your workplace?
6. How would consistently producing Quality work make you feel?

Chapter 6: [The fourth discipline] Giving Thanks and Congratulations

1. What would your workplace be like if you and others consistently gave Thanks and Congratulations for good work and good attitudes?
2. What forms could giving Thanks and Congratulations take in your workplace?
3. How would you go about identifying reasons to give Thanks and Congratulations in your workplace?
4. Why should you practice this discipline in your workplace?
5. What first step could you take to introduce or improve the giving of thanks and congratulations in your workplace?
6. How would it make you feel to give Thanks and Congratulations on a daily basis in your workplace?

Chapter 7: [The fifth discipline] Building Support and Community

1. What is the sense of Support and Community in your workplace? What would you prefer it to be?
2. Why would you like the Support and Community to improve in your workplace?
3. What can you do as a first step to improve Support and Community in your workplace?
4. How would you be different if Support and Community were highly present in your workplace? How would the workplace be different?
5. How would that make you feel?

Chapter 8: [The sixth discipline] Dealing with Others as You Would Have Them Deal with You

1. Describe the differences between how you are dealt with and how you would like to be dealt with?
2. In what ways does the way you deal with others match up to how you would like to be dealt with? How does it fall short?
3. What would happen in your workplace if you consistently dealt with others as you would like them to deal with you?
4. What can you do to keep yourself focused on treating others as you would like to be treated?
5. What first step could you take toward dealing with others as you would have them deal with you?
6. How would you feel about doing that?

Chapter 9: [The seventh discipline] Deciding What Is “Enough”—and Sticking to It

1. In what aspects of your life do you need to decide what is enough?
2. Why should you be concerned about Deciding What Is Enough and Sticking to It?
3. How can you go about Deciding What is Enough in the various aspects of your life?
4. What would your life be like if you made the needed Decision about What Is Enough and Stuck to Them?
5. What would be your first step in deciding “What is Enough” in such a way that you could stick to your decision?
6. How would it feel knowing you had decided what was enough for your life?

Chapter 10: [The eighth discipline] Balancing Work Personal, Family, Church, and Community Responsibilities

1. What would your life be like if you balanced out your work, home, church, and community activities; if you said “No” to keep them in balance?
2. How would you balance the activities in your life, given the opportunity?
3. Why is it important to you to keep your responsibilities in balance?
4. What first step could you take toward balancing your responsibilities?
5. What will you do to monitor your activities so as to keep them in balance?
6. How would keeping your life in balance make you feel?

Chapter 11: [The ninth discipline] Working to Make the “System” Work

1. What needs to be changed in the “System” where you work? What needs to be maintained?
2. Why do the changes need to be made?
3. How could you influence the “System” to change it for the better?
4. What would the “System” be like if the changes you envision could be brought about?
5. Where do you begin to influence the “System”? What is your first step?
6. How would you feel if the “System” changed in the direction of social justice for all?

Chapter 12: [The tenth discipline] Engaging in Ongoing Personal and Professional Development

1. What would your life be like if you sought and took opportunities for continuous personal and professional improvement?
2. What does Personal Development mean to you? What about Professional Development? What opportunities exist for both of them?
3. Why is Personal and Professional Development important to your spiritual life?
4. How can you begin or improve your development, personally and professionally? What is your next step?
5. How would taking steps to solidify your Personal and Professional Development make you feel?

Upon Completing the Book

1. In what order would you prioritize the ten Spirituality at Work disciplines presented by Pierce?
2. Which ones do you think you practice well-enough at present?
3. What changes have you made in your spiritual life at work?
4. How has this book affected your life?
5. How does that make you feel?