



Work With Meaning and Joy

10 TIPS FOR BRINGING SPIRIT TO WORK

by Pat McHenry Sullivan

Interviews with workers at all levels of the corporate or non profit ladder demonstrate that satisfying work has little to do with job description and almost everything to do with a choice to find more meaning and satisfaction in any task. Here are ten practical ways your spirit can thrive before, during, and after your workday:

1 Remind yourself often that you **spend most of your waking hours** either preparing for work, commuting to and from work, working, or recuperating from work.

2 Write an **affirmation** of your commitment to spending all work-related hours (including commute time) in service to the highest good for yourself and others. Post this affirmation where you can easily see it.

3 Bless your **job and everyone connected to it** by (a) praying for clarity; (b) wishing the best for all concerned (even if you don't like them); and (c) acting on the guidance you receive in your prayers.

4 Consider your work part of an **ongoing spiritual journey** where you can always choose to learn and grow. Consider all obstacles to be stepping stones, all problems to be challenges worthy of your heroic efforts.

5 Seek out **people who enjoy their work** and learn from them. If you can't actually ask them how they manage to find joy and meaning in work, imagine how they do it.

6 Read about **people** (real or fictitious) who personify attributes you'd like to model through your work. Write yourself an imaginary blessing or guiding memo from your spiritual hero and read it every day.

7 Treat others as if they were **heroes** on their own spiritual journeys. See how you can be one of their allies or wisdom resources.

8 Celebrate the **many purposes in your work** by listing all the ways your work helps you meet your own needs, meet the needs of others; and engage with others in the world.

9 List and **honor all the people who benefit from your work**: yourself, anyone you help support financially, all your debtors, all the people whose livelihood in some way depends on you (e.g., bus drivers and vendors).

10 If your work is **unsatisfying** in any way, give it extra blessings. Pray for guidance about how you are called to make your current work better and/or to create a new job situation.



Pat McHenry Sullivan, president of Visionary Resources in Oakland, CA, helps individuals and groups to work with more integrity, purpose, and joy. An expert in the spirituality and work movement and author of many columns on the subject, she is the author of the book *Work with Meaning, Work with Joy*.

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