Spirituality of Work
Together we're mindful

Catholic Health Initiatives
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"Success is a collective job, and one can't claim the credit for themselves." —KARAN PATEL

Discovery Journal

Entry Date _____

Personal experience is a really, really good teacher. It often provides lessons that can be drawn upon for the rest of one's life. Some persons might even say being part of a sports team, a band, a club, a choir, a church, etc. has taught them more than any classroom ever could have. And let's not forget parents and family members!

Take some time. Dwell on the life lessons below. Where did you learn about them? Who taught you about them? Are they valuable lessons in your work life? Write your thoughts.

- Hard work _____

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- Teamwork _____

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- Sacrifice _____

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- Setting goals and striving for them _____

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- Overcoming adversity _____

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- Before success comes failure _____

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- Others you might add? _____

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What difference does it make in your life when you bring your values, emotions, life experience and relationship with God into your work?

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What if we decided to reveal more of who we are at work? What would be possible? How would our workplaces be different? What would be the impact on the people we serve and serve with?

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"While I know myself as a creation of God, I am also obligated to realize and remember that everyone else and everything else are also God's creation."

—MAYA ANGELOU