

WORK CHALLENGES: REFLECTIONS

PART VI



Worksheet 5

These exercises will help you explore your current work situation and assess whether any aspect of it is reaching a critical point. By looking honestly at these challenges, you can gain clarity about how to approach them constructively. • Before you begin, take a few moments to center yourself and calm your mind, using a practice you already know or with the Introspection Gateway exercise. Inner stillness will help you consider each question with an open mind and heart, allowing you to recognize the lessons these experiences hold.



What situations at work are challenging me right now?

Make a list of the challenges that are pulling you out of your comfort zone. They may be interactions with superiors or colleagues; additional responsibilities; new areas of service or skill requirements; limited human or technological resources; changes in the organizational structure that affect your role; transitions in personnel that alter team dynamics; or even shifts in the workplace itself, e.g., its location, design, or atmosphere. Include any other factors that may be influencing your sense of purpose or security at work at this time.



How are these situations affecting my performance?

Consider their influence on your energy level, concentration, confidence, creativity, and overall productivity.



How are they influencing my mental and emotional wellbeing?

Do you feel secure and valued, or insecure and unappreciated? Are you enthusiastic about new possibilities, or experiencing stress, frustration, or inner unrest? How do these challenges affect your motivation, sense of purpose, or overall enjoyment of your work?



How are these situations affecting the balance between work and the rest of my life?

Consider how they are impacting your health, relationships, personal time, and wellbeing.



What outer resources could help me in this time?

Consider the people, mentors, or professional resources that might offer perspective and encouragement. Are there practical forms of support—training, collaboration, or services—that could strengthen your confidence and help you move forward?



What resources within myself are these situations calling forth?

Are they awakening inner strength and insight you didn't know you possessed until now?



Is my work aligned with my deeper values and direction in life?

What values would you like to see reflected in your work? To what extent are your daily responsibilities and the overall atmosphere and ethics of your workplace in harmony with your core values and life direction?



Let your mind envision the work life of your dreams. What does it include?

Describe here the kind of work you would love to do, the environment in which you would thrive, the relationships that would inspire and support you, and the opportunities that would allow your highest potentials to unfold.
