

FINDING BALANCE

Let's take a moment to think about the work we do. Reflecting on our work can help us appreciate the role of work in our lives and lead us to make positive changes in our work and how we do our work.

Here are some questions to help us think about our work:

Describe your work. Work is not necessarily a job with paycheck. Work is what you do, whatever that is. Do you work in the home? Do you work outside the home? Do you volunteer? You probably will be describing work in several different areas. Whatever your work is, be it one job or ten, describe it fully to yourself. (You will probably need to use another sheet of paper, or more, for this exploration). Then continue with the following questions:

Do I find my work fulfilling? Why or why not?

Does my work energize me? Why or why not?

How has my work changed during the pandemic? In what ways has that impacted the way that I feel about my work?

Are there changes that I could make that might make my work feel more fulfilling and/or energizing?

Is work fairly distributed in my household? Has that changed during the pandemic? Are there changes that I could make to facilitate a more even distribution?

What are the gifts and skills that I bring to my work? Are my gifts and skills being utilized?

Is there a balance in my work between physical and mental activity? If not, is there a way to create more balance?

Are there things in my work that I am "running away from" (think about our conversation about stability)? Am I using work to run away from anything?

Where can I find God in my work?

What are some ways that I might begin to make my work holy? Think of a few simple practices.

Is there some kind of work that I feel that God might be calling me to do?

