



**YES, YOU CAN:
TAKE YOUR SPIRITUALITY TO
WORK!**

On one thing we can agree: for the average individual, the workplace has its challenges. What is critical is how you confront those challenges. People bring their emotions to work. They are unhappy. Insecure. Jealous. Angry. Depressed. Or just plain unpleasant.

As African Americans, we have a tradition of being a spiritual people; but, I wonder what would happen if you infused the workplace with your faith?

What if you decided to bring your most loving, compassionate, calming, self-assured self to work? How would you go about doing that? What impact would it have on the lives you touch at work?

As a consultant, I have been up close and personal with a variety of organizations over the past two and a half decades and observed a range of behaviors in the workplace. In many ways, as adults, we have not made much progress since kindergarten. In a down economy and with unemployment high, people feel pressured to keep their jobs and to look good to their superiors—even at someone else's expense.

According to a CBS News special report, workplace sabotage is on the increase. This can range from pranks to malicious attacks. A superior steals your work and takes credit for it. A colleague decides to cover up a mistake by blaming you.

Here are three steps you can take to become fully the person you are meant to be in the work environment—a human being with the nature of Christ in you.

Step One: Give it your best.

Every day, as you enter the workplace, see yourself as nothing less than your “best spiritual self.”

God wants to be fully present in everything we do. See yourself as God’s trophy in your workplace environment. If your light is hidden, open up. Cultivate it.

Be prayerful. A renowned preacher once advocated looking at the backs of people’s heads and praying for them, silently.

Step Two: Do the right thing.

Whatever you’re facing, whatever people say or do, make your response a positive one. If you’re provoked, don’t be so quick to retaliate. Sometimes retaliation backfires and you end up looking as culpable as the other person looks.

Even if the work environment is challenging, bring out your best smile. Many years ago, my pastor gave me this advice: “Smile and hold your head up, even if you’re dying hard.”

Step Three: Be solid and stable.

My son, Randy, grew up as a PK—a preacher’s kid. He is a firefighter and emergency medical technician who faces crises every day. The people he encounters confront life-threatening situations and, sometimes, he puts himself at risk to aid them. Every day brings an unexpected surprise. The one consistency is his calming, compassionate spirit. Letters to the department from individuals he has helped express their appreciation for his actions and demeanor.

I’m convinced Randy was born for this work. Striving for excellence, whether fighting a fire or using the Jaws of Life to rescue a victim from a wrecked automobile, he reflects what it is like to bring spiritual values to work.

As of this day, make this your mantra: Faith is not just my Sunday pursuit!

Regina M. Prude is an inspirational speaker and author. Please send your comments to regina@reginaprude.com. Follow her on Twitter and Facebook; get links and read blog posts at www.reginaprude.com
