

My work feeds my soul

My work feeds my soul.

My occupation gives my spirit nourishment. All of my hard work is worth it. The products of my work help others and make a difference in their lives. I make the world better with each day that I do my work.

My work inspires my spirit to go higher.

My work helps me reach others with different ideas. It helps me build connections and create strong networks. It allows me to discover with different points of view.

I have a daily plan for my work that feeds my soul.

I approach my job from a place of happiness and confidence. I take pride in my daily accomplishments. I pay attention to the little details and find pleasure in everything I do for my job.

I appreciate my coworkers and their insight. I pay attention to their thoughts and incorporate them into my work. I listen to their advice and tips.

My work has a real purpose. I have the determination necessary to achieve my work goals.

Because I receive such fulfillment from my work, I encourage those around me to aspire to greater things with their careers, too. I motivate everyone to be their best.

My efforts have meaning. My skills and talents are important.

Today, I am grateful for my work. I am thankful to have a job that feeds and nourishes my spirit.

Self-Reflection Questions:

1. How can I find a balance between my work life and home life?
2. What can I do to ensure I only focus on inspiring work that lifts my spirit?
3. How can I have greater control over my work and projects?