

A TOOLKIT FOR PROFESSIONALS

MINDFULNESS AT WORK

Mindfulness Of Your Unique Contributions

WHAT CONTRIBUTIONS DO YOU UNDERVALUE OR JUDGE?

- ▶ We all carry certain biases within us. For example, we might have a bias that values creativity and risk-taking above caution and safety (or vice versa).
- ▶ It's important to keep in mind all people have something valuable to share. By minding our personal biases and judgments, we hold space for others to contribute in their most natural and authentic ways.



EXPLORING YOUR CONTRIBUTIONS:

Similar to identifying our strengths, exploring your contributions is an invitation to assess what you bring to the table. It is somewhat different from strength identification in that it reaches deeper into our core essence.

To explore your unique contributions, find a quiet place to sit in mindful reflection. Soften your gaze and ground yourself with a few steady breaths. Then, reflect on the following questions one by one, or answer them in a journal.

- 1 Putting aside what you think you should *do or be*, what does your heart long to offer to this world?
- 2 What skills or ways of being come naturally to you? Examples include patience, creativity, compassion, wisdom, communication, or inspiration.
- 3 What can you give to your workplace that honors what your heart longs for and what comes naturally to you?

FOOD FOR THOUGHT:

Consider your organization like a fresh-baked pie. Various ingredients are required for a company to reach its ultimate goal or end product. We can't all be apples nor can we all be baking powder, flour, or the oven for that matter. Each ingredient has a unique role to play and without the necessary parts, we will be left unable to achieve our vision.

"Every individual in the world has a unique contribution." – Jack Kornfield