

# A TOOLKIT FOR PROFESSIONALS

# MINDFULNESS AT WORK

## Identifying Room to Grow

We all have strengths and weaknesses. Though we often try to ignore our weaknesses, they offer us insight into where we have room to grow. Mindfully identifying these aspects of ourselves increases self-awareness and helps us to show up in more intentional ways.

### OPPORTUNITIES FOR GROWTH

To identify where you have room to grow, reflect on the following questions. Contemplate with a sense of curiosity and compassion. This is not about self-blame or judgment.

- What is something you tend to avoid at the workplace? Is this avoidance related to a quality or skill that needs development?
- What personal weaknesses have you become aware of due to previous performance reviews or comments from trusted people in your life?
- Where do you intuitively sense you have room to grow?

Note whatever arises while remembering we all have room for improvement. No single human has completed all their personal growth.

### THE NEXT STEP...

Once you have identified where there's room for growth, continue to cultivate awareness of how this shows up in your life. For example, if patience is something you struggle with, where do you find yourself the most impatient? What practices, tools, or simple reminders can you offer yourself to cultivate more patience?



### ON REFRAMING WEAKNESSES

The word WEAKNESS carries a lot of weight for some people. When used as a synonym for FAULT, it can lead us to thinking there is something wrong with us. In reality, we are each on a journey of personal growth, and there's always room for improvement. If the word 'weakness' feels uninspiring to you, refer to these qualities as places where there's ROOM FOR GROWTH.

If you've completed this exercise, congratulations! You have one more thing to add to your list of strengths. Acknowledging our weaknesses is not always easy. Being willing to do it is indicative of courage, maturity, and inner resilience.

*"Our strength grows out of our weakness." – Ralph Waldo Emerson*