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Spirituality in the Workplace

Thank you for taking some time to spend a part of your day with me. I am passionate about your spiritual well-being for you and all of humanity. I am mindful that what happens today is important in this moment and beyond. With that in mind, this form is yours to re-use as often as you like on your journey.

On a sheet of paper, in a notebook or journal, please brainstorm your stressor(s) (5 minutes).

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In the same way, brainstorm your focus or vision for yourself (5 minutes).

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To know ourselves requires transparency, it is transparency and self knowledge about you (5 minutes). Who am I and who am I not?

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Fasting is more than food. The two categories are things we like and don't like. Consider the fast and the results. (5 minutes).

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Consider a text that has value and meaning to you. Is that meaning based in spirituality, mindfulness, self growth and development? Why? What specific detail makes you believe that?

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Journaling is a way to experience honest analysis, confession if you will, which is not judgmental, instead rooted in forgiveness. All of this and more may be used in journaling.