



## Ten Ways of Becoming an Empowered, High-Performing, Integrated Individual

The following statements are a list of guidelines to assist you in becoming an integrated individual:

1. The only job security that exists is to have competencies that are of value to someone, so take responsibility for becoming highly competent, self-managed, and continuously learning.
2. Evaluate your competencies and their relevance to what is wanted and needed by someone. Then create a personalized professional development (career) plan.
3. Based on the new workplace rules for employment, create your own personal minimum expectations necessary for you to be committed to an organization. Be personally responsible for your professional fate; no one else will.
4. Take workshops to experience your spirituality and integrate it into your day-to-day life.
5. Take a serious diversity training in order to experience whether you contribute to the spirit of your organization or drain it by supporting the status quo.
6. If your organization does not live, enforce, and apply spiritually sourced values such as respect, integrity, equality, and equal opportunity that are aligned with your personal values, then consider another organization. Otherwise, you may never realize your full potential.
7. Define for yourself what comprises meaningful work and use it to redefine your work responsibilities.
8. Take responsibility for learning how to be naturally creative and innovative in your work. If you don't, you will jeopardize your value to the organization.
9. Find a quiet place, go into deep relaxation, create a mirror image of yourself, and respond to the following questions with respect to your workplace performance:
  - a) What is my greatest physical barrier?
  - b) What is my greatest mental barrier?
  - c) What is my greatest spiritual barrier?
  - d) What do I plan to do to overcome each of these?

Then, Just Do It and don't make a big deal of it.

10. Find an organization that supports the professional development of *all* of its people and join it. Your success is in your hands. Partner with an organization that truly values and appreciates you!

*"There is no such thing as an empowered organization without competent, self-managed, and continuously learning employees."*

