



## PUT YOUR SPIRITUALITY TO WORK

Conversation Starters for the Workplace

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### 2.20 BEING A “SPIRITED” PERSON

People who fully express their creative potential are SPIRITED people... self-aware, purposeful, incisive, rewarding, inventive, transforming, evaluative, and dauntless.

**WHILE WRITING** about creativity and spirituality at work, we thought of several questions that we’ve always enjoyed asking: *Who would you consider to be a “creative person” at work? What qualities do they display? What is the source of their creativity?*

From such questions, we’ve found that many people do not easily recognise the wide array of creative qualities in others, or in themselves. We’ve also discovered that the true source of our creativity is our spiritual nature – in other words, as manifestations of the Creator, we share in its creative powers. As one executive we know has expressed to us:

*My understanding of God is that it is an energy. It is our source of energy; it is the creative energy of God. And, it is an energy that engulfs all of us; we are part and parcel of it.*

*I also think that we discover God’s laws of nature, we do not invent them ourselves. God has given us the faculties to create things such as art, music, inventions, etc., but all other things concerning nature we must discover.*

But if we are all naturally creative, as part of our Divine nature, then why does it seem that only a few people fully exercise their creativity? From various research studies, and our own experience, it’s because people do not recognise their creative potential or cultivate the personal qualities for being creative.

What are those qualities? We’ve observed that people who fully express their creative potential are SPIRITED people – that’s what inspired us to create this acronym and its related qualities. Take a few moments to do a self-assessment of which qualities you already embody, and which ones you could strengthen as personal habits for expressing your creativity at work:

S = SELF-AWARE: I actively develop my intuition; I am willing to feel my emotions; I seek insights about others and myself; I know my own personal purpose and values

P = PURPOSEFUL: I see the big picture; I envision what's important; I commit wholeheartedly; I promote the highest benefit for everyone concerned

I = INCISIVE: I seek opposing points of view; I assess situations systemically and holistically; I am curious; I gain clear insights into complex situations

R = REWARDING: I share credit; I seek to acknowledge positive performance in others; I express appreciation easily; I celebrate completions

I = INVENTIVE: I generate many options; I switch easily between logic and imagination; I play spontaneously; I look at challenges in new ways

T = TRANSFORMING: I take persistent action; I energise and move people to action; I act with integrity to keep agreements; I choose growth over fear

E = EVALUATIVE: I make decisions based on personal values; I seek long term as well as short term benefits; I seek consensus when appropriate; I anticipate consequences

D = DAUNTLESS: I am comfortable with ambiguity; I take prudent risks; I maintain confidence in tough situations; I act independently if necessary

The executive who told us that "God is our source of energy" has demonstrated many of these SPIRITED qualities in his work:

*I have always felt that we were causing problems to our nature by polluting our environment. To me environment pollution also creates pollution in the mind. Because of this, I started working with solar technology. Sun is the greatest giver of energy. To me the sun is a manifestation of God.*

*To protect the society to which we all belong, our air, water and so on, we must give back whatever it is that we take. My way of doing this is try to help the young people, many of whom know what they want to do, but they are rudderless. I try to help them and this is how I try to give back to nature, to society.*

*Wherever we are, we must look after the local people and we must be engaged in social work. I am trying to implement some programs to improve literacy through the use of information technology. Besides my formal job, this is really my passion.*

So, ask yourself: *In what ways do I have the qualities of a SPIRITED person? From my spiritual source, what daily habits could I begin that would strengthen my creative qualities?*

This article is an excerpt from the book, *Put Your Spirituality to Work: Book 2 – Work as a Spiritual Practice*. To download the full book of articles, as well as additional book chapters, articles, workbooks, and research on the subject of “spirituality and human values for leadership and work”, visit our website: [www.globaldharma.org](http://www.globaldharma.org)