

ENDINGS

1



Working Well



ENDINGS

Mind

Body

Heart

Soul

“There is no real ending. It’s just the place where you stop the story.”

Frank Herbert

Reflection

If there are no real endings, why is it hard to say goodbye? Can you think of a time that you rushed to begin something new to avoid an ending? Was that a good solution? Why or why not?

Action

Imagine that you are ending a job. List three things that you would be happy to leave behind. List three that you would miss. Is there anyone you would want to make sure to say “goodbye” to?

ENDINGS

2



Working Well



ENDINGS

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“You get lazy, you get sad. Start givin’ up. Plain and simple.”

James Dashner

Reflection

Are there times that you have let yourself be lazy on a project? What were some reasons for this? Were you ready to move on? Were you wanting others to help?

Action

List three ways that being lazy might make a person sad. List three ways that being sad might make a person lazy.

ENDINGS

3



Working Well



ENDINGS

Mind

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“Never say goodbye because goodbye means going away and going away means forgetting.”

J.M. Barrie

Reflection

Does going away mean forgetting? What are some things you remember about places you have been?

Action

Think of something that prepared you for your next job—a class, a previous job, a mentor. What is something you learned that will help you prepare for the steps ahead?

ENDINGS

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“When you accept a position of responsibility, be responsible to the position.”

Karen Larson-Reuter

Reflection

People often have mixed feelings about taking on responsibilities. If you were offered a promotion, what would be some of your hesitations? Excitements? Fears?

Action

Divide a sheet of paper into two columns. On one side, list five ways that responsibilities help people grow. On the other, list five ways that responsibilities can be burdensome.

UNCERTAINTY

5



Working Well



UNCERTAINTY

Mind

Body

Heart

Soul

“Life is a gamble, at terrible odds—if it was a bet you wouldn’t take it.”

Tom Stoppard

Reflection

Does it ever feel as if life or people you care about are betting against you? Does that make you want to give up, try harder, or both?

Action

Think of something you have to do this week that is hard for you. Make a bet with yourself that you will succeed. Will you reward yourself? Do you want someone else to reward you?

UNCERTAINTY

6



Working Well



UNCERTAINTY

Mind

Body

Heart

Soul

“All things are difficult before they are easy.”

Thomas Fuller

Reflection

Think back on a time when you were just starting something new. How did you learn the rules—where to sit, who to spend time with, what the expectations were? How long did it take to figure these out?

Action

Find a job advertisement. How much does it tell you about the day-to-day interactions and work of this job? How could you find answers to your lingering questions? Write down your ideas. Are there any themes?

UNCERTAINTY

7



Working Well



UNCERTAINTY

Mind

Body

Heart

Soul

“No matter how much success you’re having, you can’t continue working together if you can’t communicate.”

Matt Cameron

Reflection

Do you ever feel that you don’t know where you stand with someone? Could that be a sign of bad communication? Can you think of a way to make it better?

Action

Imagine that you have been asked to teach a workshop on good communication. Name the four most important points you would want to make. Provide an example of one.

UNCERTAINTY

8



Working Well



UNCERTAINTY

Mind

Body

Heart

Soul

“Being a professional is doing the things you love to do on the days you don’t feel like doing them.”

Julius Irving

Reflection

Have you ever gone to work when you just didn’t feel like it? Do you think others noticed your mood? Have you been around people who didn’t seem to want to be at work? How did you feel?

Action

List five reasons you might go to work even when you don’t feel like it. Are they good reasons? If not, can you list good reasons?

BEGINNINGS

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Working Well



BEGINNINGS

Mind

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Soul

“The customer is always right.”

Unknown

Reflection

Do you think it's true that the customer is always right? If not, what do you think this means? Do you think it's a helpful idea?

Action

Find a partner. Have one person play the part of a customer who is trying to return a used item to a store and have the other take the role of the clerk. Then reverse roles. Now imagine that the item is defective and act out the scene. Is there a difference in how the characters act and feel?

BEGINNINGS 10



Working Well



BEGINNINGS

Mind

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Heart

Soul

“We do what we have to so we can do what we want to.”

James Farmer

Reflection

Do you think it's fair that you might have to do boring work to prove yourself before you can do more interesting work that pays more?

Action

Write an ad for an entry-level job at a shopping mall. Is there anything in the ad that makes you want to apply for the job? Anything that makes you want to move on to the next ad?

BEGINNINGS

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Working Well



BEGINNINGS

Mind

Body

Heart

Soul

“All adventures, especially into new territory, are scary.”

Sally Ride

Reflection

Think of the last time you started something new. Did it seem like an adventure? Was it an experience you chose or something you had to do? Did that make a difference in how you felt?

Action

Thinking of that experience, list five things you would tell others to make starting easier.

BEGINNINGS 12



Working Well



BEGINNINGS

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Soul

“I want to be thoroughly used up when I die, for the harder I work, the more I live.”

George Bernard Shaw

Reflection

Do you think that giving “your all” to work means that you have to give less to your family and friends? Do you think it’s better to keep work and personal relationships separate or bring them together?

Action

In three sentences, write the talk that you would like someone to give when you leave your job.

RENEWAL

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Working Well



RENEWAL

Mind

Body

Heart

Soul

“Great is the enemy of good.”

Jim Collins

Reflection

What do you lose if you aim for perfection? What do you gain? If something you're working on isn't perfect, how do you know when to stop?

Action

Across the top of a paper write G-R-E-A-T. Under each letter, write as many words as you can think of that begin with that letter. How did you decide when to stop?

RENEWAL

14



Working Well



RENEWAL

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Soul

“Hard work is much more important than talent.”

Carlo Rotella

Reflection

Think of someone you admire—a teacher, mentor, co-worker, or friend. Is that person talented or a hard worker or both? What do you admire about him/her?

Action

Write down a talent that you value in a friend. List three things your friend could do to make more of that talent. Would you want to send the note to your friend? Why or why not?

RENEWAL

15



Working Well



RENEWAL

Mind

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Heart

Soul

“The harder I work, the luckier I get.”

Samuel Goldwyn

Reflection

Do you think that luck and hard work are connected? Can good luck make people want to work harder? What about bad luck? Can either make people give up?

Action

Write a short paragraph describing something lucky that happened to you. In a second short paragraph write about what you did to create that lucky experience and how luck played a part.

RENEWAL

16



Working Well



RENEWAL

Mind

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Soul

“All work is noble.”

Winston Churchill

Reflection

How would you feel if you were offered a job that you thought was beneath you? Would you take it? Why or why not?

Action

Talk to someone you respect about some of the jobs he/she has had. Do you think the work was a reflection of that person's worth?