

## Emotional and Spiritual Progression (from RegenerativeBusinessConsulting.ORG)

You might join with others while working on this area. Mutual support of a community, your family, or even one friend as an accountability partner can make this area more enjoyable to progress in. Also, other people can see our blind spots and help us recognize if we haven't made as much change as we think we have. This area has a lot of overlap with the social goals, because our increasing emotional and spiritual maturity help us relate to others more honestly, more kindly, and to make choices of companions who support our progressions.

Goal	Description	Benefits
Personal responsibility	It may be someone else's fault, but blame won't help you heal or fix your life. It may be legitimate to see yourself as a victim, but in most cases, this won't push the offender to make things right. Responsibility means you are the one who has the "response ability" though not the blame. In AA, the first step is admitting that you have a problem. This is an example of taking responsibility, because it is acknowledging that while you might not have chosen some situations, you chose the coping mechanism and it became unmanageable. Use the 12 steps or see Pema Chodron's writings & talks, including the title <i>Getting Unstuck</i> . This is a powerful practical guide for overcoming anger, blame, and anxiety.	Getting unstuck; feeling empowered; seeing your value and potential in a larger context. Find other ways to feel okay instead of ways that will cause crash and burn.
Gratitude	Consider a daily practice that could include the following: Mention when a family member or friend did well or tried sincerely. Mention to other people any kindness you receive. Send a note of thanks to anyone who helps you, especially if the help seemed beyond their obligation. Write a positive review on Yelp or Google reviews for a company that served you well or kindly. Offer to be a work reference or write a testimonial for a contractor who does a good job. Keep a notebook to record what you are grateful for. Set a regular time to share with a friend or family member what you are grateful for that day or week.	There is solid research on the health and happiness benefits of a gratitude practice. <a href="https://ggsc.berkeley.edu/images/uploads/GGSC-JTF_White_Paper-Gratitude-FINAL.pdf">https://ggsc.berkeley.edu/images/uploads/GGSC-JTF_White_Paper-Gratitude-FINAL.pdf</a>
Guidance	A daily practice—prayer, meditation, talks, or journaling—can put you in touch with your intuition. Find a mentor, therapist, or group. Study Brene Brown's <i>10 Guideposts for Wholehearted Living</i> .	
Service	Start a daily or weekly practice of unpaid service. It could be as simple as a note of encouragement to someone in a challenging situation or a contribution of your expertise to an online wiki. Community service could overlap with your category of talents and interests. An internet search of "types of volunteer service" or "volunteer organizations" will bring up myriad options. There are also organizations such as <a href="http://volunteermatch.org">volunteermatch.org</a> that can help you locate opportunities related to specific interests. You might be interested in reading Section 4 of this national legislation to protect volunteers and the organizations that they act in behalf of: <a href="https://www.govinfo.gov/content/pkg/PLAW-105publ19/pdf/PLAW-105publ19.pdf">https://www.govinfo.gov/content/pkg/PLAW-105publ19/pdf/PLAW-105publ19.pdf</a> "God loves a cheerful giver." (2 Corinthians 9:7) is a reminder to find service that we enjoy. Service precedes compassion.	Consider the principle of karma referred to by Jesus when he said "Cast your bread upon the waters, for you will find it after many days." Ecclesiastes 11:1. Learning, social, or networking opportunity may arise.
Compassion & big picture	See <i>Twelve Steps to a Compassionate Life</i> : Karen Armstrong (see the TEDtalk, the book of the same title, and the podcast of Oprah's interview with her). Study teachings such as of Thich Nhat Hanh or the Dalai Llama. For those open to spirituality and/or religion, shifting your worldview to a big picture focus, one that transcends the material, can help you make meaning. If organized religion doesn't appeal to you, NDEs are a growing phenomenon that offers a glimpse into what some experience as the afterlife. Study of these experiences offers a non-denominational way to study what may be the larger context of life. <a href="https://the-formula.org">https://the-formula.org</a>	Compassion for others increases self-compassion. Religion or a spiritual perspective generally points toward a view of cooperation and compassion.