

Tanasia's Rule of Life

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SWK 649: Professional Seminar: Compassion, Spirituality & Self-Care

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April 2021

Roles

I have a few roles and responsibilities in my life. Some of my key relationships are linked to my immediate family, and most of the relationships are life-giving. I spend a significant amount of time at work leading a team, and the relationships with my direct reports and supervisor are primarily positive, except for one associate. I am also a student, classmate, and an active member of both my church and a women's community organization, where I have a host of operational responsibilities. I didn't reflect on any of my friend relationships, as there has been minimal contact due to my school and work commitments. During reflection, I also discovered that I extend compassion with one of my relatives who is life-draining, and this also applies to one of my direct reports.

Overall, I believe that I am clear of my roles and responsibilities at this time of my life. I value life-giving relationships and limit my interactions and involvement with things or people who are not on the same wavelength. I am actively practicing setting boundaries, particularly with my employer and those individuals who I identify as draining. Integrity is an important value to me, and I ask God for guidance, wisdom, and strength to show up as my best self in the various roles of life, and I make time to reflect on areas of improvement.

Gifts

My primary spiritual gifts are encouragement, service, leading, helping others, teaching, healing, and administration. Throughout my life, I can identify moments where I use my spiritual gifts. For instance, at work, I enjoy and take great pride in training my

peers and sharing resources to succeed. I am big on encouraging others and aiming to spread inspiration and positivity wherever I go.

I am confident that it's the God in me that allows me to be this way. However, I need to dedicate more quiet time with God to gain greater clarity on how he wants to use my spiritual gifts. Discipline and consistency are necessary to honor this practice and to action whatever direction I may receive while deepening my relationship with Christ and his will for my life.

Desires

My greatest longings today are to strengthen my relationship with God, to fulfill my life purpose and make God proud, and to establish honest, loving, life-giving relationships on earth. I have quite a few core values. Love, Integrity, Person-Centered, and Team-Spirited are four values that are important to me at this time. Upon reflection, I can genuinely say that I aim daily to practice what I preach or lead by example and be the person I want to see in the world.

Vision

As I continue to build my relationship with God, I believe that God's vision and call for my life will become more evident. I try to live with intention and reflect on experiences to identify the meaning in various scenarios. I find comfort in knowing that God is my power source and is beyond capable of directing me to fulfill my life's purposes. I do, however, wonder if the rule that I create is from God and if I am hearing him clearly. I think this doubt will diminish as my relationship mature.

Mission

I am choosing to live with intention and purpose in the present moment each day. I am aware of my aspirations and goals; therefore, I manage my time accordingly. I practice self-reflection to identify unusual behavior, acknowledge emotions, and address areas of improvement. I practice self-care by engaging in activities, routines, and boundaries that are energizing and rejuvenating. I seek help from my support system and, most importantly, from God.