



# PUT YOUR SPIRITUALITY TO WORK

Conversation Starters for the Workplace

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## 1.18 BLESSED LIFE; BLESSED WORK

*“When everyone is true to their ‘thumbprint’, that is when we will experience heaven on earth.” Wendy Darling, Thumbprints International*

**EVEN AS WE** were writing our last two articles on what it means to follow our calling, another person’s inspiring story was in our minds. Wendy Darling is a close friend in Dallas, Texas (USA) who, by discovering and following her calling, lives what she feels is a blessed life. She started her career in a typical fashion: getting a good education and then acquiring jobs that would advance her career:

*My undergraduate work in elementary and secondary education prepared me to be an educator. But after teaching for a year, I decided to go back to college and obtained two graduate degrees, in counselling psychology and in organisational development.*

*My first job out of graduate school was as Dean of Students for “Semester at Sea”, a study-abroad programme for undergraduate students. After sailing around the world and achieving one of my long-term goals as my first job, I decided to make a change.*

*I went to work in corporate America as a management consultant and corporate trainer. This provided an excellent base for me to learn how to write training programs, as well as utilise my skills as a diagnostician and strategist. As the years progressed, so did my responsibilities. I eventually started my own consulting company, travelling throughout the United States.*

But then Wendy experienced a major turn in her life, which brought her to her calling:

*About ten years into my career, I had a serious accident that resulted in five surgeries and a year of recovery. Subsequently, I divorced and my former husband received full-time custody of our son. I’d been delving into my spirituality and personal growth when this happened, so I knew that it was a turning point where I had to examine who I was and what was really important to me. I knew that what I was going through was serving a purpose greater than I was aware of. I can remember making a promise to God that if I found ways to heal my heart, I would turn that around to help others.*

*So I began searching for the real me. What I discovered was how much of my life had been designed around how I “should” live my life: “I should have a career that provided financial security”. “I should be in an environment that reflects success”. I don’t believe*

*that these were inappropriate goals, but they just happened to be out of alignment with who I really was.*

Wendy then turned her attention from the outside world and other's expectations of her:  
*I began examining and measuring myself from the inside. Once I started honouring the richness and uniqueness of me, that's when miracles started happening in my life.*

*I discovered that my purpose was, and is, to help others identify their uniqueness and their life's purpose. This has resulted in my business today, "Thumbprints International" – where "thumbprint" means your unique gift, your way of fulfilling your purpose in life. Thus, I am a Life and Family Coach who helps adults, children, families, and organisations to discover, cultivate, strengthen and celebrate their uniqueness.*

Looking back, Wendy reflects on the road she has travelled:

*I love how every step I took in life – including the heartaches, the trials and tribulations – got me to this place where I am now living such a blessed life. Even when I was going through difficult times, I always knew that God had a special plan for me, a purpose for me to fulfil.*

*Even though I was experiencing success before my accident, I believed in God and had somewhat of a spiritual relationship with God. But once I began living my true mission in life, I found my relationship with God was even more meaningful and precious.*

*I feel blessed that God has chosen me to have the joy and responsibility to help children and families today. I am honoured that I was chosen to provide easy methods for healing and turning people's lives around. I believe that when everyone is true to his or her "thumbprint", that is when we will experience heaven on earth.*

So, ask yourself: *What is my unique thumbprint, my God-given purpose in life? How can I express this in my work?*

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This article is an excerpt from the book, *Put Your Spirituality to Work: The Basics*. 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)