

## Spring Clean Your Career: 3 Simple Steps

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### **Again, it's all about people**

For many, the hardest part of a job is not the hours or the work load, it's about relationships. Your career is the one place where you are forced to work with people you may not otherwise connect with. It can be challenging to work on a team with someone when you don't feel connected to or appreciated by them.

In any relationship, there is give and take. As the story of Cain and Abel teaches us, failing to work together as a team can have disastrous results. You may not actually kill your co-worker—though you may feel like it sometimes!—but conflict often arises from the same emotions experienced by these two biblical figures. It's not just a bible story, it's also a clue on how to navigate through our own challenges in relation to others.

### **As Reverend Sun Myung Moon explains,**

“In relationships at every level of society—from those between individuals to those at the level of families, communities, societies, nations and the world—we find that one party is in the role of Abel and the other is in the role of Cain. In order to restore society at each level to the state originally envisioned by God”

Divine Principle

Those who find themselves in a Cain-type position are challenged to yield, put aside their impulse to “have it their way,” and figure out a more creative solution to unite with direction. When we find ourselves in an Abel-type position to another, we are challenged to remain clear about the bigger purpose or vision, as well as be able to listen, be patient, and ultimately to love and guide the relationship to a higher place. Each side must overcome something in order to accomplish a greater vision.

With this principle in mind, try some of these practical tips to help you put aside differences and act in a loving way towards your colleagues.

### **Understand your role**

In any given relationship, you may find yourself in the role of either Cain or Abel. It's better to be aware of it in order to bring better results. If you are in an Abel-type position, you will have to lead with love and guidance. If you find yourself in a Cain-type position, you may need to put aside your own feelings, in order to unite with the greater vision of the team. Being a good follower is just as important as being a good leader. Be aware that your role can change depending on the person you are connected to or the situation you find yourself in. Pick a person in each category and imagine yourself applying these principles with them.

### **Look at the bigger picture**

Remember that you are not working for your own individual goals, but to accomplish something bigger as a team, to complete the project, or to uphold the company vision/mission. If Cain had been able to unite with Abel and make an offering together, wouldn't God, the ultimate boss, have been pleased? Pick one project or job you are currently working on, and imagine yourself focused on the bigger picture.

### **Understand the strengths of others**

You may clash with someone because they are always disorganized, but maybe their talent lies in bringing new and exciting ideas. Make a list of your coworkers and include what unique and valuable aspects they bring to the team. If you are a leader, let those people shine where their strengths lie.