



sufficiency at work —

Sufficiency is the experience of *having enough*—and *being enough*. It's not a middle ground between poverty and surplus. It's a state of consciousness that naturally occurs when we are able to experience a rich value exchange in every moment, in every place.

WHEN WE ARE NOT EXPERIENCING SUFFICIENCY AT WORK

NO MATTER HOW MUCH MY TEAM GETS DONE, I ALWAYS FEEL LIKE THEY COULD HAVE DONE A LOT MORE.

I FEEL LIKE I'M NOT AT WORK ENOUGH—AND I'M NOT AT HOME ENOUGH.

EVEN WHEN MY ORGANIZATION IS DOING WELL, I'M ALWAYS A BIT ON EDGE THAT IT COULD ALL GO DOWNHILL TOMORROW.

I WOULD FEEL MORE SUCCESSFUL IF I HAD A LARGER, MORE PROMINENT ROLE IN THE ORGANIZATION.

AT THE END OF THE DAY, I OFTEN EXPERIENCE A SENSE OF DISCONTENTMENT ABOUT WHAT I ACCOMPLISHED.

I FEEL UNDERAPPRECIATED, AND I AM OFTEN FRUSTRATED THAT OTHERS DON'T RECOGNIZE MANY OF MY TALENTS.