

Creating the Drama of Your Life!

Finding Meaning in the Mundane

LENS Methods Review

The day-in, day-out experience of work, no matter what the type, often is seen as either boring on the one hand or crisis ridden on the other. The question for those who hope for an energised, stimulating, enjoyable, meaningful work environment, is how to transcend or to transform the less-than-pleasant situations encountered at work? Obviously there is no easy answer, though many would-be gurus generate multitudes of words on the subject. Dilbert cartoons, of course, are one attempt to transcend these mundane, or even bizarre, experiences of work.

Bring Out the Artist in Yourself

Another way to see beyond the surface and discover one's own creativity, significance and meaning is to create an art-form out of your experience, no matter how mundane or how chaotic. The process is simple; it requires only that one devote some time, perhaps forty-five minutes to re-frame an experience.

STEP ONE:

List five normal, routine, everyday experiences you frequently encounter:

- 1.
- 2.
- 3.
- 4.
- 5.

STEP TWO:

Select one of the five experiences and describe it in detail. Note the people involved, the physical objects, the situation, the place, the feelings it evokes, any changes involved, etc. Be very specific with the details:

STEP THREE: CREATE AN ART FORM AROUND THIS EXPERIENCE:

Write a poem, a story, a song, or create a cartoon, a drawing--the medium is up to you, but try to capture the depth of the experience artistically:

