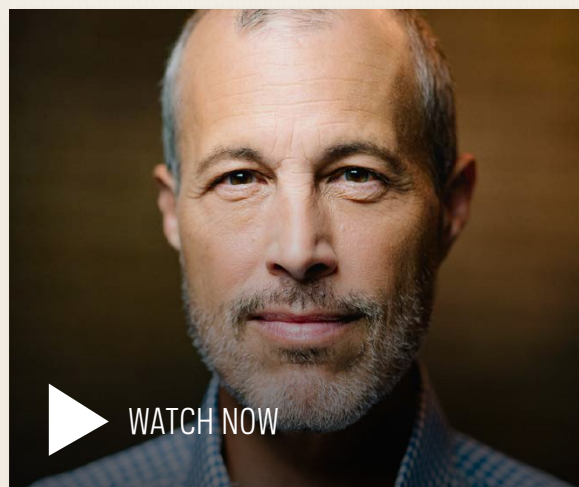


Small Steps Are All It Takes

MATT BLOOM, PH.D.

Boosting and sustaining our wellbeing usually does not require making big changes in our lives. Science shows that little things we do each day add up, over time, to significant improvements in our wellbeing. In fact, we are all doing things right now that affect our wellbeing, some for better, others for worse. Based on his more than 15 years of research on clergy wellbeing, professor Matt Bloom will share four small steps you can put into practice today that will help you journey toward flourishing.



REFLECTION QUESTIONS

1. What is your wellbeing like today? Where are you beginning your journey toward flourishing?
2. What is one simple step you could take today? What will you do and when will you do it?
3. How can you encourage yourself to keep taking small steps?
4. Who might be a good companion on your journey toward flourishing?



SPIRITUAL CONTEMPLATION

Phil 4:10

"I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it."



RESOURCES

[APP] [WorkWell](#)

[ARTICLE] [Embrace Negativity or Risk Never Being Happy](#) by Chase Padusniak

[ARTICLE] [The Saint for a Troubled Church](#) by Colin May, CFE, 3CE



Matt Bloom, Ph.D.

Dr. Matt Bloom is the Principle Investigator of the Wellbeing at Work Program (wellbeing.nd.edu) in which he and his team study flourishing among the helping and caring professions. Bloom has received almost \$9 million in grant funding to support his research. He leads an interdisciplinary team of ten researchers and staff who work together to learn how to sustain helping and care-giving professionals in their work. The team uses large-scale surveys, narrative interviews, and daily life studies to explore wellbeing. The team is also actively engaged in translational research—working with partner organizations to turn research insights into practice.

Failing to follow the good advice of his parents, Bloom has had a circuitous career. Before becoming a professor, he worked as a paramedic, as an orderly in a psychiatric hospital, as a consultant for Arthur Young, and a financial advisor for Shearson Lehman Brothers.