

SEVEN DAYS TO DISCOVERING YOUR LIFE'S WORK



Day 1 Introduction

"This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one." George Bernard Shaw

First, I would like to offer my favorite definition of "Your Life's Work"; "Besides loving and taking care of those who are most important to you, Your Life's Work is the work(s) that you believe God wants to accomplish through you" Craig Groeschel (from his book *Chazown* that was life changing for me.) Everyone has important work to do on this Earth. Each of us have gifts, talents, abilities, dreams and passions that were put in us by God for a reason.

Most people spend more time planning their vacations than they do thinking about what God wants them to accomplish. Everyone says that they want to live a life of purpose, but most people do not make it a priority in their lives. When living with purpose is not a priority, life can become meaningless and empty. Just getting out of bed can become an accomplishment. I believe that one of the greatest tragedies in our society is people living their lives without purpose. Most people never really "live" their lives. They merely go through it.

When you know what your Life's work is and are taking steps towards it, your life has meaning and purpose. It becomes easier to prioritize your life. When you put God first, everything else falls into its proper place or drops out of your life completely. Your to-do list actually becomes smaller instead of bigger. You find more time to do the most important things and let other less important things take a lower priority.

How does our Life's Work fit into the bigger question of "What is the Purpose of Life?"

There is really only One Purpose in Life. The **Purpose** of Life (Capital P) is to Surrender your life to Christ and live a life that is pleasing to God. We live a life that is pleasing to God by loving and serving God and His Children (everyone). Living a Life pleasing to God could be broken down into these five smaller **purposes** (lower case p): Your relationship to God and his Son (the most important purpose), Your relationship to others, especially your family (the second most important purpose), Your relationship to money, How you take care of your body, and Your Life's Work. These Five purposes are the fundamental building blocks of living a life of purpose and meaning.

Question to Consider: Do you have a vision for your Life's Work?

Exercise: Say a Prayer right now and ask God to help you discover and/or to move fully live Your Life's Work.

Day 2: The Five Purposes of Life and Your Core Values

Everyone ends up somewhere, but some people end up somewhere on purpose. Not just the remarkably talented, but anyone. When you are living God's purposes for your life, you wake up with a sense of purpose and go to sleep in peace. Prov 29:18 Where there is no vision, the people perish.

Where there is no vision for a family, 50% of marriages end in divorce. Where there is no vision for your job, you watch the clock all day and live for Friday at 5pm. When you get a glimpse of the vision that God has for your life, Your life Changes. You will have more focus and know what you need to do and what you do not need to do. Everyday there will be distractions. Other people have lots of good ideas for your life. Sometimes "Good" distractions are the biggest enemy if they keep you from doing the most important things... The Great Things. You can't let even good things keep you from living your purpose.

With Vision comes peace. You know why you are here. You will be making the right turns at the right time to end up at the right location. With Vision comes passion. If you show me a person with no passion, I will show you a person with no vision.

When you seek God and He gives you your Vision, He will start working within you. God often has to work inside us and help us change before He can work through us when the time is right.

There are 3 overlapping circles (venn diagram) that can help you discover your Life's Work; **1.** Core Values, Dreams and Passions **2.** Skills and Talents, and **3.** Past Experiences

Circle One: Part A Core Values are the things that are very important to you. The things that you might be willing to die for. When you are in touch with your God given core values, they will rearrange and direct your time, your thoughts and your energy.

What do you treasure? What brings you bliss? What do you stand for and would fight for? What do you know is so important that you will let go of everything else for (or almost everything else)?

What really angers you? We are not talking about your personal pet peeves or things that annoy you. We are talking about what stirs up righteous anger inside you. What makes you mad on God's behalf? What offends your sense of justice or morality? These are core values that drive your life.

*“While every man has a religion, has something on heaven or earth
he would give everything else up for, something which absorbs him
which may be regarded by others as useless. Yet it is his dream, his
lodestar. It is his master. That, whatever it is, seized upon me, made
me its servant, its’ slave; induced me to set aside the other ambitions.
A trail of Glory in the heavens, which I followed, followed with a full
heart” -Walt Whitman*

Question to Consider: What is most important to you in your life? Your answers are core values (if you are being honest).

Exercise: What are your top 5 core values? Prioritize them from the most important. (SEE Appendix A for more questions and a List of Values for Help.)

Day 3 Circle One: Part B Dreams and Passions

Dreams vs. Fantasies

“Hold fast to dreams. For if dreams die, life is a broken-winged bird that cannot fly. Hold fast to dreams, for when dreams go life is a barren field frozen with snow.”- Langston Hughes

Everyone has dreams, but many of us simply lose sight of them because of earlier disappointments and failures. We wish to avoid further hurt so we deny our dreams. Your dreams do not need to be new or exciting. From the outside, a fulfilling life often looks ordinary.

There is a difference between dreams and fantasies. Fantasies have ego in them, and dreams come from our higher Self. Becoming rich and famous is a fantasy while using your gifts and talents to make the world a better place is a dream or vision from your higher self. Look for recurring themes in things that get your attention. Why would God have created us to have incredible imaginations and dream dreams if we weren't supposed to try to live them? Trust your dreams as having come from a divine source.

You need to be part dreamer and part builder. If you just dream, nothing will ever get built. If you just build, you won't like what you end up with. Dream your life and then live your dream. You cannot be anything you want to be, but you can be everything God wants you to be.

Everyone has something that they could do well and enjoy doing. Your work is to give life to the Great Idea that God has for you. Maybe you haven't discovered yours yet. You may know what it is but have given up on it before it had time to grow. Some of you are doing it right now. Your mission is your special gift to mankind. Every life has something to say.

“Everyone has been made for some particular work, and the desire for that work has been put in every heart.” Rumi

If your calling is to relieve suffering in the world, there are many different paths you could take. It may or may not have anything to do with your career. You could be in the healthcare field, or the humanitarian field, or the ministry, etc.. Or you could volunteer at a homeless shelter on the weekends or help fundraise for your favorite charity. Don't get so hung up on what you do. If you focus on your calling and if you listen to your intuition and trust your inner guidance, you will know when you are on the right track, and when you are off course.

Who you are “Being” is much more important than “What” you are doing.

The World Needs your Food

Horace Mann said we should be ashamed to die until we have made a major contribution to mankind.

Laurence Boldt writes about how we live in a hungry world. "The world is hungry in many ways- for knowledge, wisdom, caring, justice, beauty, peace, joy, hungry for love, YOUR LOVE. The hunger of the world cries out for the food of your loving attention. Listen and discover what kind of food you have, and then distribute it where it is most needed and wanted. Do you have wisdom food or affection food? Do you have beauty food, or confidence food? We can all feed each other our best food and in doing so nourish all of life."

What is Your Plan to Change the World?

Are you working on something that can change the world? For 99% of people in the world the answer is no. Be on the lookout for ways to make a difference. It feels great to go to sleep at night knowing your talents, abilities and time were used in a way that served others and made a difference.

"We are prone to judge success by the index of our salaries or the size of our automobiles rather than the quality of our service and relationship to mankind." Martin Luther King Jr.

"To know even one life has breathed easier because you have lived-that is to have succeeded."
- Ralph Waldo Emerson

Where do these deep desires of our heart come from? Did we put them there? No. God put them there. And God will provide a way for us to live out the dreams and passions of our heart. Trust that your dream came from a divine source. It would be cruel if God put desires in our hearts that are beyond our ability to accomplish. He is also not going to tell you to go do something you hate doing and force you to be miserable.

God has put us here on earth at this time and in the place you are in so you can do the most good with your individual talents and personality.

If for some reason you do not seem to be able to do what your true hearts desire is, you are either underestimating yourself or there may be a different way to express that desire that you are not seeing. There is always a way... But there is also always more than one way... Find an alternative route. Don't get hung up on the picture you had in your head. Usually it ends up looking differently than we originally thought it would.

Don't go to the Grave without Singing your Song

Your deepest desire is not going away. Go to a nursing home. Ask 10 people if their dreams have gone away and they will tell you “No”. Residents in nursing homes often regret the things they didn’t do, rather than the things they did. Three of the things they regret most are 1. Not going for their dreams. 2. Caring too much about what others think 3. Worrying too much.

Your desires aren’t going away either. Honor your dreams and desires and do your best to bring them to life. Keep coming back to them. Give them more and more time and attention. Let your desire become so strong that no fear from within or obstacle from without can stop you. Finding and living your Life’s Work is like going on a quest. A quest is a journey that is risky and adventurous. The outcome of a quest is always uncertain. If there was a guarantee... It wouldn’t be an ADVENTURE! The only guarantee is that if you don’t try you will regret it.

The average person goes to their grave with their music still in them. Don’t go out like that. Just remember, birds don’t sing because they have all the answers. They sing because they have a song inside them that wants to come out.

P.S. Don’t let someone who gave up on their dreams talk you out of yours. The truth is that your current situation does not trump your vision and dreams.

Passions

Passions are not your Life’s Work; they are clues that point to it. Your passions are the things that you love in life. They are the things that are deeply important to you. When you align your life with the things you are most passionate about, you will feel an increasing sense of purpose, joy, and fulfillment.

“Passions aren’t hard to find. If you are paying attention to your life at all, the things you are passionate about won’t leave you alone. They are the ideas, hopes, and possibilities your mind naturally gravitates to. You would spend time doing them for no other reason than they feel good. There is no trick to recognizing your passion. The hard part is trusting them. We are afraid that following our passions will make us look irresponsible and impractical.” Bill Strickland

Trusting in your passion doesn’t mean your life will be easy or you will get a free pass. It is not an escape from responsibility. On the contrary, it is to take responsibility for life. Following your passions will require you to work harder and demand more from yourself.

If you are not sure about what you are passionate about, go walk around the bookstore or the library for a couple hours. What kinds of book stand out to you? What do you

want to learn more about? What interests you? You don't have to pick on that will paralyze you. You will have many passions.

Whatever your passions are, work on improving them, no matter how long it takes. Finding what you're passionate about is not just nice-to-have, but is necessary for impacting the world and living from your highest Self. Choose in favor of your passions.

Exercise: What are the recurring dreams and passions in your life?

Mozart Had to Compose. Shakespeare had to write. Van Gogh had to paint. Michael Jordan had to play basketball. What is it that you "Can't Not Do"

See Appendix B for more questions and exercises for uncovering dreams and passions.

Day 4 Circle 2 Talents, Skills and Gifts

You have Genius Inside you

Albert Einstein said “Everyone is a genius, just in different areas. But if you judge a fish by its ability to climb a tree, the fish will spend his whole life thinking it is stupid.” You have genius inside you and probably don’t even know it.

Everyone is intelligent in some areas. Western culture focuses so much on the academic intelligences of reading and writing. The education system seems to ask “Are you intelligent?” “How are you intelligent?” is a much better question. If you are not good at math, does that mean you are dumb? No. Of Course Not! There are many other ways to be smart. Some people are artistically smart. Others have musical talents. Athletes and mechanics have the ability to use their bodies and hands in ways that are amazing. Part of your mission in life is to discover what area your genius is in, and then put enough effort into it, to bring your genius out.

Henry David Thoreau once remarked that everyone was his superior in some way and that is what he looked for in people. You have greatness in you and you have the responsibility to bring forth that greatness. Right now you contain everything you need. The seed is within you. It’s not something that needs to be added or invented. You just need to add water, sunlight, and time.

Search for your uniqueness. Keep digging and you will strike oil. Find the environment where your genius comes out. It may take some time. Keep coming back to it.

“Examine yourself. Discover where your true chance of greatness lies. Seize that chance and let no power or persuasion deter you from your task.” -Chariots of Fire

God Don’t Make no Trash

I believe there is a higher power and that we came from a divine source. God made you just how He wanted to. I love the quote “God don’t make no trash”. God doesn’t make mistakes. His fingerprints are all over you. God made you exactly how he wanted to. Your looks and personality are exactly how they are supposed to be. If He wanted to make you look like a fashion model, He would have. If He wanted you to have a different personality, He would have given it to you. But God chose to make you as you are. You have been wonderfully made!

It’s vital that you accept yourself and be happy with whom God made you to be. A tulip doesn’t try to be just like a rose so it can be happy. It doesn’t have to. The tulip is different from a rose and is ok with it. There is room for every flower in God’s garden. Be thankful God created you the way he did and know that He has a plan for you. Your

potential is your true identity. An acorn's true identity is an oak tree even if squirrel food.

Your sense of value should not come from your accomplishments or how popular or successful you are. It should be based on the fact that you are a creation of God. He loves you and has a plan for you. You also need to trust in yourself instead of in your accomplishments. It drives me crazy when people ask children "What do you want to BE when you grow up?" You cannot "be" anything other than whom you are. What you "do" is very different than who you are. You are not what you do. A better question is "What do you want to do, create or express".

God loves you just the way you are. But he isn't going to leave you that way. He has a purpose for your life. He wants you to become more of what you are. When you get to heaven, God is not going to ask you why you weren't more like Mother Theresa. He's going to ask you why you weren't more like yourself. Becoming more like yourself is a life-long process. When God makes a mushroom, it only takes a day or two. When he wants to make an oak tree, it takes 50 to 100 years. It's not harder to make an oak tree, but it sure takes longer. The oak tree you see outside is yesterday's nut that never gave up.

There is a difference between talents and skills. Talents are special abilities that we are born with. Skills are activities that we get good at with practice. You can be very skilled at doing something that you have little talent in. For example, if you spend enough time studying math, eventually you will get good at it no matter if your brain is wired to do math or not. You can also have a talent that you are not skilled in. For example, if you have a talent for painting, but have never painted, you are not going to be skilled at painting the first time you pick up a brush. So, if you can have a talent that you are not skilled in, and you can have a skill that you are not talented in, how can you know what is a talent?

The easiest way to tell if something is a talent is if you love doing it. If something is a talent you will usually enjoy doing it and want to do more of it. If you hate doing it, it's not one of your strongest talents, no matter how good you are at doing it. Often (but not always) you will pick up talents quicker. They will feel natural to you.

When looking for your talent, Dan Miller suggests you look for 1. What you enjoy doing. 2. What you enjoy thinking about 3. What you enjoy learning about 4. What you enjoy as a process.

When something makes us excited, it is a clue that we have the ability to accomplish it. If something really appeals to us and we feel excited about it, but think we aren't talented enough to achieve it, it is probably one of our highest callings or talents.

Few people know what their natural gifts are. There is power in knowing and using our natural gifts. Everyone has gifts but many do not notice them because they focus on their weaknesses. You cannot build on a weakness. You can only build on your strengths. We also think our gifts are common because they come so natural and

easily to us. You might have really good people skills but not think it is special. You think everyone can do it. But the truth is that everyone can not do it. If you pursue what you have real talent in, you will experience the joy of being fully alive in your work.

Some talents, such as artistic, musical or athletic abilities, are easy to see in people. Other people's talents are not easily seen. It may be that they are drawn to a specific type of work or industry. If you have difficulty figuring out what your talents are, pay attention to what areas you are drawn to. That is how it was with me. I never felt like I was really talented in a specific area. What I do have is a passion for personal development, seeing potential in everyone and the desire to help people.

One of the best ways to uncover your talents is to ask the 5 people closest to you what they think your strongest talents and abilities are. Some of them are going to bring up similar strengths. It is easier to see other people's strengths and talents than it is to see our own. A great resource to help you find some of your strengths is the Strengths Finder Test at www.gallupstrengthscenter.com.

"Help me O god to listen to what it is that makes my heart glad, and to follow where it leads. May joy, not guilt, Your voice, not the voice of others, Your will and not my willfulness be the guide that leads me. Help me to unearth the passions of my heart that lay buried in my youth, and help me to go over that ground again and again, until I can hold in my hands, Hold and treasure, your calling in my life."- Ken Gire

Exercise: In what area(s) are you talented or gifted? What do people tell you that you are really good at? What areas do you feel drawn to?

Day 5 Circle 3 Past Experiences Make the timeline optional in the appendix.

Everyone has a calling, not just priests. We all receive messages about what to do. The real question is are we going to listen to them or are we going to pretend we didn't hear anything?

Callings can come in different ways. Sometimes they come after painful experiences we go through. Someone may have suffered from an eating disorder and now their calling is to help prevent or recover from eating disorders. Sometimes it's the challenges that we have overcome that lead to our calling.

Ask God to give you eyes to see the value in your past experiences. Meaning and purpose have always been there. God can help you see what you have not seen before. All things work together for good to them that love God, to them who are the called according to his purpose. Romans 8:28.

Questions to Consider: What do your positive and negative past experiences have in common? Are they somehow related? What have these experiences done within you to prepare you for the future?

Day 6 Putting it together

God's vision for you is bigger than you can imagine and impossible for you to do on your own. It will be a bit scary. If you can accomplish it without God, then it is NOT God's highest purpose for you. Give yourself permission to think big. You were created a One-of-a-Kind to show His love to the world. In all the Billions and Billions of people that have been on this planet, no one has had the same gifts, talents, personality, experiences and background as you. There are things that only you can accomplish. There are people only you can touch. If you run into a brick wall of doubt or confusion during this process, don't be surprised. It happens to almost everyone.

If you don't know where you are going in life, put aside your pride and ask. Pray and ask God. Read Scriptures and ask God to open your heart and your mind (Some people like to read the Book of Proverbs when seeking answers). Ask Godly people in your life for advice. Many other people have visions for your time and resources, but those other visions are often inconsistent with God's purpose for you.

Make it your passion to seek God's will and purpose for you 24/7, 365 days a year. That's how you will fulfill God's purpose for you.

A purpose statement is a one sentence version of God's vision for the work of your life in words that encourage you to accomplish it for Him. When you write it, simply say what action you most want to take or pursue and what you want to accomplish with that action. A purpose statement isn't chiseled in Marble. It's a work in progress. It's a snapshot of what's driving you right now from the one big idea for your life as you understand it.

Point to Ponder: I refuse to sacrifice God's Purpose for me for anyone else's.

Exercise 1: Look Carefully at your core values, gifts, and your past experiences. Find where they converge. Look at where they overlap. That's where you find your Lifes Work. What dream has been placed inside of you. Finish this thought (Ramble on if necessary) "God has created me with a dream for the work of my life, and I think it might be....."

Exercise 2: My purpose statement in one sentence.

PS Don't be discouraged if you haven't discovered your Lifes' Work yet. Read Day 7!

Day 7, A Step in the Right Direction

General Will Versus Specific Will

Please don't stress out and worry about discovering the work of your Life. First off, that will not help you. Secondly, it is not necessary. The General Will of God is more important than the specific Will of God. You already know what God's general will for you is (= Love and serve God and your brothers and sisters). I believe in Burning Bush experiences. I believe that God wants to use you and direct you and reveal mysteries to you. But I believe even more in God that will show you and me what we need to be shown. In other words... If you just go out and love God and serve others and make a difference in others' lives, He will be with you and He will show you what you need to be shown. YOU DON'T HAVE TO WORRY ABOUT IT. IT'S HIS JOB TO SHOW YOU, NOT YOUR JOB TO FIGURE IT OUT.

That being said, I would also like to share some other ideas as well that might help. I believe you can both seek God's will for your Life and also be at Peace and trust Him at the same time.

"Discover the great idea of your life and set it free. But don't kid yourself. It will take every ounce of you. No weak halfhearted efforts will raise this child. Only a mother's love will get the job done. There will be joys and sorrows, frustrations and victories, agony and ecstasy. Take an idea that will grab hold of you and not let you go until it has squeezed the very best from you."-Richard Bolles

We ask ourselves over and over what we should do with our lives. We pray and ask God for guidance. We worry when God doesn't give us definitive answers. We "expect the sky to open, and a deep voice from on high to say "Well My son, this is your purpose!" Choirs of angels, lightening and thunder are optional, but the deep bass voice is a must."-Richard Bolles

But we don't have to wait for God to give us a huge revelation on our life. In fact, waiting is often an excuse that we make for procrastinating. We can look inside ourselves and see what God has already told us. Figuring out what we are "supposed" to do, doesn't need to be a passive guessing game. Take the information that you have and do the best you can with it. Ask for guidance, listen for answers, and then move forward with Faith. Be open to change your decision if it is made clear to you that you are going in the wrong direction. You will receive guidance on what to do and how to do it. If you are living right, the Lord will not let you go too far down the wrong path without

telling you. When you feel Peace... You are on the right path. When you are not.

We know God has a plan for us, but sometimes we would like to know exactly what that plan is. We all want a map to follow to lead us to our final destination. These days a map does not cut it. We want the exact coordinates and turn by turn directions. We want God to tell us exactly what roads to take and how long it is going to take to get there. And if you are anything like my family, we want to know where the Dairy Queens's are so we can stop for a Blizzard. Sadly, this is not how it works. Instead, God points us in the right direction. Instead of a map, we are given a compass.

A compass doesn't give us an end location, it simply points a direction. When you are climbing a mountain, you can't see the top of the mountain. Go to the highest peak, and see what you can see from there. As we follow the directions of the compass, we are led through the fog. Guidance doesn't always come for a week, month, year, or decade. When Moses was in the wilderness, the children of Israel got manna for 1 day. In the same way, sometimes we only get guidance for a day. Sometimes we must ask again and again, "God, is this what you want me to be doing?" There is no fail safe formula. You are not going to get a revelation for your whole life. "How can God give you guidance today for six months down the road, when you aren't at that place yet? You don't have to understand it. It is very powerful to say, "God, I don't understand this, but I trust you. I just know I'm getting guidance."” Richard Bolles

Let's say you need to go to the grocery store. If you wait until all the stop lights are green before you leave your home, you'll never get started. They say the quickest way is in a straight line, but that's not how it works. You don't go in a straight line from your house to the grocery store. You would be going through houses and fences. Deal with the lights one at a time until you reach your destination. Martin Luther King Jr. said you don't have to see the whole staircase before you start going up the stairs. You just take the first step.

You might be asking "What if I have gone through the exercises and still do not know what My Life's Work is? Did I fail?" Absolutely not. You did not fail. You took some steps in the right direction. If you still haven't discovered your Life's work, I'm going to give it to you right now.... Ready????

YOUR LIFE'S WORK IS TO DISCOVER YOUR LIFE'S WORK AND THEN TO WORK ON IT!

That being said, I think usually deep down we know at least what direction God wants us to start moving in. He has been giving us hints and clues for years. Usually the problem is that we are Afraid.

Here is a recipe for success. "You Surrender Your life to God and His Purpose for you + You take care of the fundamentals (small p purposes) + You establish goals+ You take

the next step+ You live with proper accountability = Your God-Given destiny care of itself.” – Craig Groeschel

Once we know our Life's work, we need to take the next step. WE need a plan to make it start happening. Running a marathon is simple. Its not easy, but it is simple. You go down the road putting one foot in front of the other until you cross the finish line. How do you get from where you are now to the Big dream God has for you? You do it one step at a time. And I'm here to help if you need it. Heaven knows how much help I've needed.

May your Vision be Stronger than your Fears, and May your Actions be louder than your Intentions.

All the Best,

Brian

Appendix A Discovering Your Core Values

MY VISION OF WHAT THE WORLD COULD BE

Where your talents and the needs of the world cross, there lies your vocation Aristotle

Write your vision for the world you would like to live in. Don't worry about making it realistic. Just write your vision of a perfect world,

Do the same for your country

And your community

What situation in the world, your nation, or your community do you complain about the most?

What do you consider to be the greatest accomplishments of you your life? Why?

What is the most exciting thing you have done in your life? Why?

- A. What are the most critical needs on the planet that are going unmet? Or what are the greatest sources of pain and suffering in the World?
- B. Your Nation
- C. Your Community

More than anything, I really want to do something about.....

If you could share one bit of wisdom with the whole world, what would it be?

What has been the most important lesson you have learned in your life?

Another way to test what your Core Values are is to look at where you spend your time and your money. We spend money and time on what we feel is valuable.

My five most important Values are

Value Words

Below is a list of value words you can use to help you define your core values.

**Ability Abundance Acceptance Accomplishment Achievement Acknowledgement
Adaptability Adventure Affection Affluence Alertness Aliveness Ambition
Amusement Anticipation Appreciation Artfulness Assertiveness Assurance
Attractiveness Audacity Awareness Awe Balance Beauty Being-ness
Belongingness Blissfulness Boldness Bravery Brilliance Buoyancy Calmness
Camaraderie Candor Capability Care Carefulness Certainty Challenge Charity
Charm Chastity Cheerfulness Clarity Cleanliness Cleverness Closeness Comfort
Commitment Compassion Competence Complacency Completion Composure
Concentration Confidence Conformity Congruency Connection Consciousness
Consistency Contentment Contribution Control Conviction Cooperation Courage
Creativity Credibility Curiosity Daring Decisiveness Dependability Desire
Determination Devotion Devoutness Dignity Diligence Diplomacy Discernment
Discipline Discovery Diversity Dreaming Drive Duty Dynamism Eagerness
Ecstasy Education Effectiveness Efficiency Elation Elegance Empathy
Encouragement Endurance Energy Enjoyment Enlightenment Entertainment
Enthusiasm Excellence Excitement Exhilaration Experience Expertise Exploration
Expressiveness Extravagance Extroversion Evolution Facilitating Fairness Faith
Fascination Fashion Fearlessness Finesse Fitness Flexibility Flow Fluency Focus
Fortitude Frankness Freedom Friendliness Frugality Fun Generosity Genuineness**

Giving Grace Gratitude Gregariousness Growth Guidance Happiness
Health Heart Helpfulness Heroism Holiness Honesty Honor Hopefulness
Hospitality Humility Humor Hygiene Imagination Impact Independence Industry
Ingenuity Inquisitiveness Insightfulness Inspiration Integrity Intelligence Intimacy
Intrepidity Introversion Intuition Inventiveness Joy Justice Kindness
Knowledge Leadership Learning Liberation Liberty Liveliness Logic Longevity
Love Loyalty Mastery Maturity Meekness Meticulousness Mindfulness Moderation
Modesty Motivation Neatness Nerve Obedience Open-mindedness Optimism
Order Organization Originality Outrageousness Passion Peacefulness
Perceptiveness Perseverance Persistence Persuasiveness Philanthropy
Playfulness Pleasantness Pleasure Potency Practicality Precision Preparedness
Presence Privacy Proactivity Proficiency Professionalism Prosperity Prudence
Punctuality Purity Quietness Quickness Realism Readiness Recreation Reflection
Relaxation Reliability Resilience Resolution Resolve Resourcefulness Respect
Restfulness Restraint Reverence Sacredness Sacrifice Security Self-control
Selflessness Self-realization Self-reliance Sensitivity Sensuality Serenity Service
Sexuality Sharing Significance Silence Silliness Simplicity Sincerity Smartness
Sophistication Solitude Soundness Speed Spirit Spirituality Spontaneity Stability
Stillness Strength Structure Success Sufficiency Support Surprise Sympathy
Synergy Tactfulness Teamwork Temperance Thankfulness Thoroughness
Thoughtfulness Thrift Tidiness Timeliness Traditionalism Tranquility
Transcendence Trust Trustworthiness Truth Understanding Uniqueness Unity
Usefulness Utility Valor Victory Vigor Virtue Vision Vitality Warmth Watchfulness
Wealth Wholesomeness Willingness Winning Wisdom Wittiness Wonder
Worthiness Zeal Zest

Appendix B

Exercise: Here are some questions to ask yourself to help get more clear about your passions.

What is it that you find naturally enjoyable?

What are you doing when you are just being you?

I'm happiest when...

When you were a child, was there anything that you did all the time that your parents had to tear you away from to eat and sleep?

What magazines/websites intrigue you? What subjects would you like to learn about or go back to school for?

I'm most creative when.....

My life is ideal when...

What do you enjoy doing so much that time seems to fly by? Two or three hours have passed by in a blink of an eye.

What makes you smile?

What have you consistently done well?

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