Take Action!

Implementation Task 4: Looking Through the Lens of Your Values, Passions, Abilities, and Dreams

Review the following segment of Module 3:

♦ Looking Through the Lens of Your Values, Passions, Abilities, and Dreams The following questions will help you begin to think deeply about your values, passions, abilities, and dreams as clues to discovering your life mission.

Instructions:

- Find a place where you will not be interrupted.
- Write down your answers to each question. It's important to write out your answers rather than just thinking about them.
- Write quickly. Write the first thing that comes to mind. Write without editing. Give yourself less than 60 seconds a question. Preferably less than 30 seconds.
- Be honest with yourself. This is only for your benefit so don't write what you think someone else might want you to think. Enjoy writing what's really important to your life.

Life Mission Discovery Questions:

Your Passions:

1. What meaningful activities make you lose track of time?

2. What do you care deeply about? What makes your heart sing? What lights you up? What energizes you?

3.	What's wrong with the world that drives you crazy? What makes you weep or angry at the wrongness of it?
Yo	our Abilities:
4.	What are you naturally good at? What do you usually get great results from doing? (Skills/abilities/talents)
5.	What do people typically ask you for help with?
6.	If you had to teach something, what would you teach?

Your Core Values:

ľU	our core values:
7.	Imagine you are now 90 years old, sitting on a rocking chair outside your porch; you are blissful and happy, and are pleased with the wonderful life you've been blessed with. Looking back at your life and all that you've accomplished and all the relationships you've had; what matters to you most? List them out.
8.	Who inspires you most? (Someone you know or have learned aboutfamily, friends or authors, artists, leaders, etc.) Which qualities inspire you, in each of those people?
9.	What do you value most in life? What character qualities do you want to be known for at the end of your life?
Yo	our Dreams:
10. If you could get a message across to a large group of people, who would those	
	people be? What would your message be?

11. What would you regret not fully doing, being or having in your life?
12. If you had all the time and money you need to accomplish anything, what would you be doing with your life?