



What Is My Calling?

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The point of the “**Journey of Discovery Gift & Talent List**” is to provide you with a tool for:

- **Understanding** the broad range of your gifts.
- **Naming** your “most enjoyed” gifts.
- **Clarifying** what gifts you are motivated to express, master and/or develop in the next phase of your life.

What Are My Gifts?

Fewer things are sadder than watching a person with potential waste their life without using their gifts.

Many of us have gifts hidden away that we are not fully expressing. We may have overlooked them. Or we may use them so frequently and effortlessly that we take them for granted, and so they go unappreciated. Yet when we name these gifts we find them to be critical to our third phase of life energy and vitality.

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The Calling exercise might confirm things about yourself that you already know. In one sense, the exercise validates your calling. You might also discover a few surprises that point to what you might be called to do in the next phase of your life. Keep in mind there are three main types of calling that motivate us.

1. Your Calling is what you love to do.

We each possess hundreds of skills. Yet, nearly all of us also have some natural gifts. Although gifts are a constant part of everyday vocabulary, few people can or do state clearly what they are. **Gifts are natural; skills are learned.** Skills are acquired





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through schooling, on-the-job training, experience and practice. Gifts often emerge naturally and early in our lives. They are observed in the things we love to do.

What does your hand turn to naturally? What has always come naturally to you? What do others observe you doing effortlessly and superbly? What do others say you're naturally good at?

2. Your Calling is how you like to serve.

Your calling is found in the things you love to do for others. When you express your gifts for the sake of others, you often experience the joy of being fully alive. **To go through life without offering your gifts to others can lead to feelings of frustration, burnout, even depression.**

Gifts are attributes shaped from birth by experimentation, work, learning and living. What gift do you truly enjoy giving to others?

3. Your Calling is when you lose yourself in the task.

Remember the last time you were so engrossed in what you were doing that you lost track of time? What were you doing? While expressing your most enjoyed gifts, you often lose yourself in a "flow" state. Claremont Graduate University psychologist





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Mihaly Csikszentmihalyi coined the term “flow” to describe what happens when a person is fully absorbed in a task. During an experience of flow, we experience a heightened sense of vitality – “a feeling of creative discovery, a challenge overcome, a difficulty resolved.” (We lose ourselves)

What are you doing when you find yourself in the “flow” state?





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My “Calling” Discovery Instructions:

1. Review the [list of “Calling” ideas](#).
2. Sort into 3 categories
 - Yes! That’s me! (High)
 - No! Not me! (Low)
 - Not sure? Maybe! (Medium)

3. Select the Top Ten

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

4. Select the Top 5

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

5.





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6. Put the top 5 in ranked order

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

7. Identify #1

8. Enter the selections into [“Work’ I Most Love To Do” worksheet](#)

