

## Identifying Your Heartbeat/ Passion

Spend some time prayerfully reflecting on the following questions and ask God to reveal to you your heart passion.

- ◆ What are the things I would always want to be involved with no matter what job I have?
- ◆ What do I think, dream, or talk about when I have nothing to do?
- ◆ What do I love doing?
- ◆ What do I feel really good about when I do it?
- ◆ What motivates me to take action?

Get feedback from others.

Complete the heartbeat exercise below.

### Exercise

The goal of this \*exercise is to identify your heartbeat/ passion through:

1. Listing things you have enjoyed doing and done well throughout different stages of your life.
2. Comparing each activity/achievement to a list of potential heartbeats and indicating what the passion behind each activity was.
3. Identifying the passion behind most of your activity achievements.

\*Adapted from the book “**Finding A Job You Can Love**” by Ralph Mattson & Arthur Miller (Nelson, 1982).

### Step 1: list and describe your activity/ accomplishments

Activities should meet these three conditions:

- 1) You enjoyed doing it
- 2) Something was accomplished
- 3) You did it well

You should identify jobs, interests, hobbies, special family events, home responsibilities, school events (such as sports, music, drama) etc. For each activity write out a one or two sentence description of what you did. Here are some examples:

- A friend and I organized all our photos, momentous, and souvenirs into our own scrapbooks.

- One summer I was the social organizer for my friends. I especially enjoyed including “fringe” people in on our fun.
- In boy scouts I led our troop at the “Klondike Derby”. We pulled a sled to different stations and at each station we performed an activity. I enjoyed motivating and organizing the group to accomplish a task.
- I took a team of students on a short term mission trip. I enjoyed preparing them for our time, having a daily briefing where we shared how we were doing, and solving the various problems that we faced.
- I enjoyed coaching our softball team on a summer project. I organized practices, assigned positions and encouraged our team during the games.

**Remember, you’re recalling things you enjoyed doing and did well (accomplishments), not simply pleasant experiences.**

**Bad example:** I enjoyed going on road trips with my family.

**Good Example:** I used a map and travel guide to help plan our family vacation.

You don’t need to focus on every year of your life. Just hit the highlights of what you have done. The age breakdowns below are only suggestions, adjust them to what makes sense to you. **The point is to think through different “stages” of your life.**

### **My highlights of things I did well and enjoyed doing during:**

#### **My Grade School Years**

1.

2.

3.

#### **As a Teenager**

1.

2.

3.

**In College or early 20's**

1.

2.

3.

4.

**In my 30's**

1.

2.

3.

4.

**Complete up to your present:**

1.

2.

3.

4.

### Step 2: Evaluate your main motivation

For each of your activity/achievements look through the list below and **place a checkmark next to the heartbeat(s) behind your activity**. For example coaching the softball team to victory may reflect the lead/be in charge heartbeat. You may check more than one heartbeat for each activity/ achievement, but no more than three. Continue this process until you have **gone through your entire list of activity achievements**, checking potential heartbeats for each one. After evaluating each activity look at the list to see which **heartbeat has the most checks** (you check the heartbeat each time it reflects your motivation for one of the activities listed).

- ◆ If you are having a hard time discerning the heartbeat behind one achievement just go on to the next.
- ◆ If none of the heartbeats seem to match, make up your own
- ◆ Your main heartbeat should be reflected in most of your activities. You may have more than one heartbeat, but should try to limit it to two at the most.

### I LOVE TO.....

- \_\_\_\_\_ **Design/develop** - I love to make something out of nothing. I enjoy getting something started from scratch.
- \_\_\_\_\_ **Pioneer** - I love to test and try out new concepts. I am not afraid to risk failure.
- \_\_\_\_\_ **Organize** – I love to bring order out of chaos. I enjoy organizing something that is already started.
- \_\_\_\_\_ **Operate/maintain** – I love to efficiently maintain something that is already organized.
- \_\_\_\_\_ **Serve/help** - I love to assist others in their responsibility. I enjoy helping others succeed.
- \_\_\_\_\_ **Acquire/possess** – I love to shop, collect, or obtain things. I enjoy getting the highest quality for the best price.
- \_\_\_\_\_ **Excel** – I love to be the best and make my team the best. I enjoy setting and attaining the highest standard.
- \_\_\_\_\_ **Influence** – I love to convert people to my way of thinking. I enjoy shaping the attitudes and behavior of others.
- \_\_\_\_\_ **Perform** – I love to be on stage and receive the attention of others. I enjoy being in the limelight.
- \_\_\_\_\_ **Improve** – I love to make things better. I enjoy taking something that someone else has designed or started and improve it.
- \_\_\_\_\_ **Lead/be in charge** – I love to lead the way, oversee and supervise. I

enjoy determining how things will be done.

\_\_\_\_\_ **Persevere** – I love to see things to completion. I enjoy persisting at something until it is finished.

\_\_\_\_\_ **Meet the challenge/meet the test** - I love to rise to the occasion, beat the competition, endure to the end, get on top, confirm success.

\_\_\_\_\_ **Gain response/influence behavior** – I love to have clients, audiences, co-workers react to my touch, influence or activity.

\_\_\_\_\_ **Make the team/make the grade** – I love to gain access to the varsity, professional group, elite classification, honors group, fraternal order, executive dining room, places reserved for and open to those who achieve.

\_\_\_\_\_ **Meet needs/fulfill requirements** – I love to meet specifications, schedules, follow procedures, give customers what they want, meet boss's needs/expectations.

\_\_\_\_\_ **Make work/make effective** – I love to fix what is broken, change what is out of date, redesign what was poorly conceived.

\_\_\_\_\_ **Extract/achieve potential** – I seek giant talents, promising markets, hot products yet undiscovered, untapped, or not fully utilized.

\_\_\_\_\_ **Become proficient/demonstrate competency** – I love to learn a new skill, perform a difficult piece, broaden interests, demonstrate a variety of abilities.

\_\_\_\_\_ **Bring to completion/reach the objective** – I want to move unhindered toward results, push through till completion, see ideas or efforts completed, enjoy fruits of the labor.

### **STEP 3: List your main heartbeat and give examples that support your choice.**

#### **EXAMPLE:**

I feel my main heartbeat is to LEAD/BE IN CHARGE. My history shows this:

- ◆ At age 14 I lead our Boy scout troop to a victory in a winter skills competition.
- ◆ I coached our summer project softball team to a victory.
- ◆ I lead a team of students on a summer mission project overseas.
- ◆ I was the person to oversee having Josh come to our campus.

**My heartbeat is** \_\_\_\_\_

**Activities that support this are:**