

TAKING A SPIRITUAL EKG

If you are like most people, you have never taken time to sort out and identify the things you are good at and motivated to accomplish. As a result, it is unlikely you use these talents as completely or effectively as you could. The key to understanding your heartbeat is to look at your past accomplishments.

This exercise is adapted from the book Finding a Job You Can Love by Ralph Mattson & Arthur Miller (Nelson 1982). We *highly recommend* that you read this book!

STEP 1: LIST AND DESCRIBE YOUR ACCOMPLISHMENTS SINCE CHILDHOOD

- "I put on plays for the neighborhood kids with costumes, props, etc. We transformed the shed in the back of our house into a fairyland with lighting effects, decorations and princesses."
- "I started a kool-aid stand in the fourth grade and expanded it into three different stands. It was fun and I made money!"
- "I had a job as a printer's assistant and developed a method of cutting stereotypes which was faster and more accurate."
- "I ran for president and won sometimes when I was in school."
- "I have always liked to build things. Before I got married, I completely rebuilt the little apartment I was living in."
- "I successfully led protest marches against toxic wastes in my hometown and got local TV coverage."
- "I set a goal to read fifteen books over the summer and I did"

What to Include:

- Accomplishments at home, school, work, etc.
- Things you **enjoyed** doing.
- Things you **believe you did well**.
- Give specific details about what you did.
- Forget what other people think about it.

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

BAD EXAMPLE: Had a great vacation in Canada

GOOD: Took some stunning photos during my vacation

2. You do not have to cover every year of your life. Just focus on what **you feel** are the highlights of things you've done.

I LOVE TO.....
(Check each box that applies)

DESIGN AND DEVELOP – I love to make something out of nothing. I enjoy getting something started from scratch.

PIONEER—I love to test out and try new concepts. I am not afraid to take a risk.

ORGANIZE—I love to bring order out of chaos. I enjoy organizing something that is already started.

OPERATE/MAINTAIN – I love to efficiently maintain some things that are already organized.

SERVE OR HELP – I love to assist others in the responsibility. I enjoy helping others succeed.

ACQUIRE AND POSSESS – I love to shop, collect, or obtain things. I enjoy getting highest quality for the best price.

EXCEL – I love to be the best and make my team the best. I enjoy setting and attaining and behaviors of others.

INFLUENCE – I love to convert people to my way of thinking. I enjoy shaping the attitudes and behaviors of others.

PREFORM – 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.

REPAIR – I love to fix what is broken or change what is out of date.

LEAD AND BE IN CHARGE – I love to lead the way, oversee and supervise. I enjoy determining how things will be done.

PERSERVE – I love to see things to completion. I enjoy persisting at something until it is finished.

FOLLOW THE RULES – I love to operate by policies and procedures. I enjoy meeting the expectations of an organization or boss.

PREVAIL – I love to fight for what is right and oppose what is wrong. I enjoy overcoming injustice.

You should be able to support your choice with examples from your achievements.

EXAMPLE:

I feel the basic motivation God put in my heart is to “ACQUIRE/POSSESS”: My history demonstrates this:

- I purchased my first car at 16.
- I've collected a collection of rare stamps.
- I've built up a large cash reserve.
- I've acquired options on three properties.

DID YOU FIND THE BASIC MOVATIONAL DIRECTIONS OF YOUR HEART IN THIS LIST? WRITE IT ON YOUR PERSONAL PROFILE

MY HIGHLIGHTS OF THINGS I DID WELL AND ENJOYED DOING DURING MY GRADE SCHOOL YEARS

- 1.
- 2.

AS A TEENAGER

- 1.
- 2.
- 3.

IN COLLEGE OR EARLY 20'S

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

IN MY "THIRTYSOMETHING" YEARS

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

COMPLETE UP TO YOUR PRESENT:

- 1.
- 2.
- 3.

The more you can list the better. Get another sheet of paper!