



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 that 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).

STEP 1: JOT YOUR ACCOMPLISHMENTS SINCE CHILDHOOD

Examples:

- "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."

Guidelines:

- Write quickly and in short sentences. Don't make the project laborious.
- List accomplishments at home, school, work, etc.
- List things you enjoyed doing.
- List things you believe you did well.
- Give specific details about what you did.
- Forget what other people think/thought about it.

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

BAD EXAMPLE: *I had a great vacation in Canada.*

GOOD EXAMPLE: *I took some stunning photos during my vacation in Canada.*

You do not have to cover every year of your life nor fill in every blank. Just focus on highlights of things you've done.

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. _____

IN MY "THIRTYSOMETHING" YEARS

1. _____
2. _____
3. _____

UP TO THE PRESENT

1. _____
2. _____
3. _____

Identify a trend. What is common about the accomplishments you enjoyed?

Step 2: Boiling it Down

Now, based on what you discovered, and what you know about yourself, check the items that follow which best describe you. If none of the words on the list fit you, feel free to add your own on the “other” line at the bottom of the page.

My Passion for a ROLE. I love to...

- _____ **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 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 things that are 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 standards.
- _____ **Influence:** I love to convert people to my way of thinking. I enjoy shaping the attitudes and behaviors 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 like to take 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/take 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.
- _____ **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.
- _____ **Nurture:** I love to guide, care and provide for people, animals or plants so they grow to reach their full potential.
- _____ **Explore/Travel:** I love to see new places, meet new people, and try new things.
- _____ **Communicate:** I love to share concepts and ideas with others through writing, speaking, or art.
- _____ **Contemplate:** I love to spend unhurried time considering the important issues in life. I am comfortable being alone.
- _____ **Coordinate/Administrate:** I love to pull together a variety of people and resources to accomplish a common goal.
- _____ **Teach/coach:** I love to help people understand and learn to apply facts, ideas, or skills.
- _____ **Mediate:** I love to help people reach a common ground. I like to be a peacemaker in difficult situations and relationships.
- _____ **Elevate/Encourage:** I love to lift up others. I enjoy helping people overcome obstacles and reach victory.
- _____ **Other:**

Part 2: My Passion for PEOPLE. I love to be with or work with...

- | | |
|--|---|
| <input type="checkbox"/> Infants (under 2) | <input type="checkbox"/> Couples of any age |
| <input type="checkbox"/> Toddlers (2-3) | <input type="checkbox"/> Families of any age |
| <input type="checkbox"/> Preschool children (3-K) | <input type="checkbox"/> Women |
| <input type="checkbox"/> Elementary Children (Grades 1-5) | <input type="checkbox"/> Men |
| <input type="checkbox"/> Middle school students (Grades 6-8) | <input type="checkbox"/> People overcoming struggles (i.e. addictions) |
| <input type="checkbox"/> High school students (Grades 9-12) | <input type="checkbox"/> People who work outside the home/career minded |
| <input type="checkbox"/> College/early career age (18-22) | <input type="checkbox"/> Homemakers |
| <input type="checkbox"/> Young adults (22-40) | <input type="checkbox"/> Disabled/ill/have special needs |
| <input type="checkbox"/> Middle age adults (40 – 60) | <input type="checkbox"/> Young Married couples |
| <input type="checkbox"/> Older Adults (60+) | <input type="checkbox"/> Married couples with children |
| <input type="checkbox"/> Singles | <input type="checkbox"/> Older married couples/"empty nesters" |
| <input type="checkbox"/> Separated/divorced | <input type="checkbox"/> Single parents |
| <input type="checkbox"/> Widows/widowers | <input type="checkbox"/> Financially insecure |
| | <input type="checkbox"/> Other: |

Part 3: My Passion for a CAUSE. I get excited about...

- | | |
|--|--|
| <input type="checkbox"/> Parenting | <input type="checkbox"/> Sexuality/gender issues |
| <input type="checkbox"/> Families/marriage | <input type="checkbox"/> Community/neighborhood issues |
| <input type="checkbox"/> At-risk children | <input type="checkbox"/> Arts/music/drama |
| <input type="checkbox"/> Abuse/violence | <input type="checkbox"/> Adoption |
| <input type="checkbox"/> Financial literacy | <input type="checkbox"/> Special needs/disabilities |
| <input type="checkbox"/> Divorce Recovery | <input type="checkbox"/> Literacy |
| <input type="checkbox"/> Sanctity of Life/Pro-life | <input type="checkbox"/> Media/entertainment issues |
| <input type="checkbox"/> Drug and alcohol recovery | <input type="checkbox"/> Environmental issues |
| <input type="checkbox"/> Compulsive behavior recovery | <input type="checkbox"/> Animal rights |
| <input type="checkbox"/> Education | <input type="checkbox"/> Workplace/labor issues |
| <input type="checkbox"/> Evangelism | <input type="checkbox"/> Business/economy/industry |
| <input type="checkbox"/> Fellowship/hospitality | <input type="checkbox"/> Elder care issues |
| <input type="checkbox"/> Missions – foreign | <input type="checkbox"/> Bible and Christian literature (i.e. distribution) |
| <input type="checkbox"/> Missions – local | <input type="checkbox"/> Religious broadcasting (radio/TV) |
| <input type="checkbox"/> Worship/prayer | <input type="checkbox"/> Medical issues (i.e. euthanasia, living will, etc.) |
| <input type="checkbox"/> Policy/politics | <input type="checkbox"/> Health/fitness |
| <input type="checkbox"/> Public safety | <input type="checkbox"/> Legal system/legal issues |
| <input type="checkbox"/> Career or life coaching/mentoring | <input type="checkbox"/> Charity work |
| <input type="checkbox"/> Hospice/terminal illness | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Denominational projects/concerns | |

Record your responses on the Heart section of your SHAPE Profile.

Remember these are ALL God-given motivations. They are only sinful when used selfishly. Every one of these can be used in effective ministry. Don't be embarrassed to identify a basic heartbeat that doesn't *seem* spiritual!