



Ten Questions to Discover Your CallingYour Calling

By Martin Thompson

www.findyourcalling.net

~ My calling is to help you find yours

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Introduction

Greetings! ☺ Thank you for taking a look at my eBook.

I have always been fascinated by the fact that some people instinctively know ‘their calling’ from an early age whilst others (me included) take longer to figure out what they are on earth to do.

Whether you are just starting out on your journey, looking to find something more personally fulfilling or have had change thrust upon you I hope you find this quick guide useful.

If you have any questions about the eBook or if you simply want to say ‘hello’ please e-mail me at martin@findyourcalling.net.



Thanks!

Martin

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About This Guide

This guide includes a number of questions to help you explore what you've always wanted to do and hopefully begin the journey of finding 'your calling'. It is split into two parts:

1

Part 1 – The Questions

This bit picks your brain for answers.

2

Part 2 – Interpretation

This bit helps you understand and act on your answers.

Please Note:

If you are the type of person who can't wait to skip to the end to reveal if 'The butler did it!' - please resist the temptation to skip to Part 2 until you've taken the time to answer all the questions in Part 1. You'll get much better results if you view the questions without peeking! ☺

Some Guidelines

For best results please consider the following guidelines:

- **Privacy** – The results of this exercise are for your eyes only (Unless you feel like sharing them).
- **Sanctuary** - You should ideally print out this guide and then complete the questions in your favorite quiet place where you won't be disturbed and can enjoy some uninterrupted time. I've allowed plenty of space to explore your ideas and let your mind wander. A quiet corner of your favourite coffee shop? Feet-up on your chaise longue? Perched crossed legged on top of a mountain? You decide.
- **Relax** - don't dwell on answers for too long, the first thing that springs to mind is usually the best. Go with your gut, there are no right or wrong answers. Write as much or as little as you want.
- **Authenticity** – This is YOUR calling and is unique to YOU. Your answers should be based on what feels honest to you and feels right rather than how others might judge you or what might please others.
- **Audacity** - Think Big and Think Positive – Don't let boring everyday things like reality or paying the bills get in the way!

“There are no facts, only interpretations”
~Friedrich Nietzsche

“Imagination is the one weapon in the war against reality”
~Jules de Gaultier

“Everything you can imagine is real”
~Pablo Picasso

Sitting comfortably?

Then we shall begin...

Part One - Questions:

Q1.

List your five most important values. What do you stand for?

What are your top five principles? Write them down as they occur to you. Examples of values are things in your life you feel are of most importance. Examples might be health, wealth or happiness.

Once you have your list of five values – now prioritize them. Look at your list of five values and think about which one value you would sacrifice if you had to choose four? Of the four values left which one would you sacrifice if you had to choose three? Repeat this process until you have ranked your values.

Q2.

In 30 seconds – write down the three most important projects or issues that you are currently working on. What three things are keeping you up at night?

Q3.

You've won £3.5 million on the lottery. What would you do? How would your life change?

Q4.

What would you do if you knew you only had 6 months to live? How would your life change? What would you want to do?

Q5.

What have you always wanted to do but were afraid to try?

Q6.

Doing what activity gives you the greatest feeling of self-esteem, satisfaction and fulfillment?

Q7.

Is there something you do that you could not go without? What could you do now to get more of it - easily?

Q8.

What one thing would you do if you were guaranteed success?

Q9.

Think about the last year. What happened over the last twelve months?

Q10.

What have been your biggest disappointments in the last twelve months? What lessons did you learn? How could these lessons put you in a better position now?

Part Two - Interpretation

Phew! Interrogation over - Well done for getting this far!

It's not always easy to answer personal questions honestly, so well done for taking the time to explore the questions. By now, I hope that some of your answers have given you some insight into what your calling might be. In this second part we will explore how you might interpret your answers.

Question 1: List your five most important values

Question 2: The three most important projects in your life

The first two questions are about what is on your mind right now. Looking at your answers, you need to ask:

- 1) Firstly, are the things I'm focusing on I stated in Question 2 aligned towards my values in Question 1? If yes, great, you're on track. If not, what needs to be changed?
- 2) Secondly, are the values you listed in Question 1 currently being satisfied by what you are currently doing? Your life calling does not necessarily have to be satisfied at a place called 'work'. Work might pay the bills whilst you satisfy your calling outside of work. You might have to look after a family or others – which is a calling in itself. But if you spend your

life doing things that are not matched to the values you listed, you are likely to feel that something is not quite right and something is missing.

Question 3: You've won the lottery.

Having a huge pile of cash. Studies have shown that it won't necessarily make you happy and it certainly won't help you answer your calling. However, imagining that you have a huge pile of cash allows us to view things in a new light and without any of our self-limiting beliefs.

Why is it you want these things? Do you really need to win the lottery in order to obtain them? For a lot of them I suspect not.

My point here is that paying the bills, the rent, the mortgage or whatever else keeps you up at night causes us to have a narrow view of what we can achieve. Having gazillions in the bank, even if only in our dreams, allows us to be creative about what you really want to do without boundaries.

Question 4: You only have 6 months to live.

I apologize for this morbid question. Whilst it may not be the most positive thing to think about it serves the same purpose as question 3, which is to think about things differently.

I am all for living in the moment and seizing the day, but we all have to balance that with paying the bills or keeping our commitments. But just think about the things you do and what would change if you only had a finite amount of time left. What would you stop doing?

"Nobody on their death bed wished they'd spent more time at the office."

Stephen Covey.

Question 5: What have you always wanted to do but were afraid to try?

Question 8: What one thing would you do if you knew you could not fail?

This is the same question asked in a slightly different way. It is aimed at any self-limiting beliefs you may have and fear of failure.

What did you write here? The only thing stopping you from doing these things are your own self-limiting beliefs. What's the worse that can happen?

Question 6: Doing what activity gives you the greatest feeling of self-esteem, satisfaction and enjoyment?

Question 7: Is there something you do that you could not go without?

“Choose a job you love, and you will never have to work a day in your life.”

Confucius.

All other questions are a warm-up compared to these two. If you can work out a way of making a living from whatever you wrote down for this question – you’re laughing.

Question 9: What happened in the last twelve months?

Question 10: What have been your biggest disappointments? What did you learn?

The final two questions are aimed at taking a quick inventory of what you have achieved or experienced over the last twelve months.

I hope this gives you the confidence to see that, if you have experienced that, you are well equipped to take on your calling too.

What Next?

I hope you are a step closer to knowing what your calling might be.

Stay tuned at www.findyourcalling.net for more resources. The next step is taking action to make your calling a reality!

Please contact me at martin@findyourcalling.net. I would love to hear how you got on with the guide, where you are on your journey and if you have any feedback about things you would like to see within this guide or on the www.findyourcalling.net site.

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