

Identify the different sources of media you have regularly in your life: social media, TV shows, radio, movies, newspapers, news headlines on your phone or internet browser, magazines, advertisements, emails, blogs, etc.

[illegible][illegible]

2. Positive “To Do” List

Make a list of positive inputs you want to connect to. It may take some research before you can find what you want. Be as specific as possible.

Some examples of potential positive inputs:

- books to read
- people to get to know better
- classes to take
- groups to participate in
- blogs to subscribe to
- podcasts to listen to regularly

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

3. Rate-A-Friend

This exercise will help you determine who's a positive input and who's a negative one, based on how their messages effect you.

Assess the 3 people you spend the most time with. Rate each person based on how you generally feel after being around him or her. Then consider what adjustments, if any, you want to make in the amount of you spend with each person.

Name: _____

bad about yourself	1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10	good about yourself
unimportant	1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10	valued
insecure	1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10	confident
stagnant or stuck	1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10	empowered to change
shut down	1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10	encouraged
discouraged	1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10	hopeful
tired	1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10	energized
sucked dry	1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10	filled up
on edge	1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10	at peace

Name: _____

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4. “Even though... still...”

Use this powerful tool to change your self-talk. It can help you reframe what's going on so you can think more productively about what you can expect. In using this technique, you simply acknowledge truth and offer grace.

Examples:

- “Even though I didn’t get good grades in school, I still can make a significant difference in the lives of other people.”
- “Even though she didn’t like what I said, I still spoke the truth in love.”
- “Even though he forgot my birthday, he still loves me.

Give it a try it on some of your own negative self-talk.

What I usually say:

Change to:

“Even though _____
still _____.”

What I usually say:

Change to:

“Even though _____
still _____.”

5. Two Spouses

Please don't charge off after your calling and leave your spouse in the dust. It will go much better if you both go on this journey together.

How might your spouse respond?

If you and your spouse haven't really discussed your desire to find and live your calling, which response would you most likely expect from your spouse?

1. Your spouse doesn't really want you to use your time, energy or money to pursue your calling.
2. Your spouse is supportive and encourages you in living your calling.
3. Your spouse wants you to live your calling and wants to live his or her own calling, too.
4. Your spouse wants to blend both callings and work with you to impact the world together.

Values

What have you personally valued in the past that you now value differently? What changes do you want to make as a result of that shift?

If you and your spouse have shared similar values and you recently experienced a big shift in your own values, don't expect your spouse to suddenly and automatically experience a similar shift. Work on having clear communication about the topic and be patient with your spouse as he or she adjusts to the changes you have already made.

Discussion Questions

Use the following questions to explore with your spouse the idea of a calling and the importance of making a difference in the world.

- Who has been a strong, positive influence in your life? How are you different because of that person or those people?
- On whose life have you had a strong, positive influence? Whose life is better because of you?
- If you knew your life was about to end, as you reviewed your life, how might you feel about your relationships? Your accomplishments? Your possessions? Your contributions?
- What would you want people to say about you at your funeral?
- How do you want to be remembered once you're gone?
- Assuming your life isn't about to end, what do you want to add to your life's story?

6. *Mental Training*

Practice training your mind to focus on positive things by considering the following questions.

True

What news have you heard lately that really is true, not speculation or opinion?

Write out any fears you have about living your calling . Whether they are based on truth or not, write out another truth that you find more beneficial that can help move you forward on this journey.

Noble

What is a noble cause that's close to your heart?

Where lately have you seen noble actions?

Right

When have you done the right thing, even when it was hard?

Is there any area in your life where you need to go back to someone and make something right?

Pure

List 3 opportunities for you to practice having pure motives in giving, where you give with no expectation of getting anything in return, for example, a compliment, a gift, or a helping hand.

What is the purest love you have ever given? What is the purest love you have ever received?

Lovely

Where throughout your day do you see beauty, e.g. in nature, in people, in relationships, in architecture, in art, in design, in music?

See if you can spot a lovely smile, a lovely spirit, a lovely laugh, a lovely look shared between two people in love.

Admirable

Where in your community do you see groups putting admirable efforts toward helping people who are struggling?

Consider a time when someone you know admirably stood up for what was right.

Excellent

Notice excellence all around you. For example, your kid's efforts at school, a coworkers project, a waiter's attention to detail, store employees who call you by name, a neighbor's yard work, a friend who is reliably punctual, a thorough job done by a service provider, or a teacher, mentor or leader acting out of deep love for other people.

Which areas of your life are important enough for you to give it your all and to go for excellence? Are you putting too much energy into being excellent in unimportant things at the expense of neglecting excellence in the more important things in life?

Praiseworthy

Each day give praise to 3 people who did something praiseworthy.

For the 3 people closest to you, identify an accomplishment that is praiseworthy and tell them why you think they deserve praise for what they did.
