

Know Your Gifts

States of expressing are the innate natural gifts and talents of your soul. A gift is expressed through you based on your inner tendencies/qualities of expression (i.e. your essence) as well as your life purpose. These gifts when expressed create a life of fulfillment and joy. If one or all of these gifts meet a service, your purpose is born. You start to feel called to serve humanity in big or small ways. Needless to say, expressing all of your gifts and making room for them in your life will create a sense of lasting balance and fulfillment.



Part One: Indicating Your Gifts

Who do you know yourself to be? What *natural talents* do you possess? Make a list of all your *innate gifts* and *talents* in the space below. List at least 10 of them in different areas of your life. Make sure you include all of what comes to mind even if you feel that they are insignificant.

What do you love to do in your free time?

Who do you secretly dream of becoming?



What were your dreams as a child?

What would your desires be if life was perfect for you?

Reflect on your answers above and highlight keywords that stand out. Can you see a theme emerging?

Part Two: Clarifying roles and values

Step 1: Imagine that you were placed on a remote island in a community, what would your role be? Who would you be in that community? Choose only one role. What would you stand for and what would you stand against?

Step 2: Identify your Values.

Values are what we deem to have value in our life. They needn't be something with a moral gravity, though they can be. Values are the tenants of a well lived life and they form the various aspects of your true self, your personality as well as your self expression. Without them you tend to lose yourself. You tend to feel lost and disconnected.

Circle your top values, based on your knowing of your self, your desires as well as the discovery you have made so far using the exercises above. Rank your values based on their importance to you and how much they reflect your personality. Which ones you wouldn't be able to live without? Once you are done, try to narrow down your values to *only 5* values.

Accountability	Excellence	Perfection
Accuracy	Excitement	Piety
Achievement	Expertise	Positivity
Adventurousness	Exploration	Practicality
Altruism	Expressiveness	Preparedness
Ambition	Fairness	Professionalism
Assertiveness	Faith	Prudence
Balance	Family-orientedness	Quality-orientation
Being the best	Fidelity	Reliability
Belonging	Fitness	Resourcefulness
Boldness	Fluency	Restraint
Calmness	Focus	Results-oriented
Carefulness	Freedom	Rigor
Challenge	Fun	Security
Cheerfulness	Generosity	Self-actualization
Clear-mindedness	Goodness	Self-control
Commitment	Grace	Selflessness
Community	Growth	Self-reliance
Compassion	Happiness	Sensitivity
Competitiveness	Hard Work	Serenity
Consistency	Health	Service
Contentment	Helping Society	Shrewdness
Continuous Improvement	Holiness	Simplicity
Contribution	Honesty	Soundness
Control	Honor	Speed
Cooperation	Humility	Spontaneity
Correctness	Independence	Stability
Courtesy	Ingenuity	Strategic
Creativity	Inner Harmony	Strength
Curiosity	Inquisitiveness	Structure
Decisiveness	Insightfulness	Success
Democratic-sense	Intelligence	Support
Dependability	Intellectual Status	Teamwork
Determination	Intuition	Temperance
Devoutness	Joy	Thankfulness
Diligence	Justice	Thoroughness
Discipline	Leadership	Thoughtfulness
Discretion	Legacy	Timeliness
Diversity	Love	Tolerance
Dynamism	Loyalty	Traditionalism
Economy	Making a difference	Trustworthiness
Effectiveness	Mastery	Truth-seeking
Efficiency	Merit	Understanding
Elegance	Obedience	Uniqueness
Empathy	Openness	Unity
Enjoyment	Order	Usefulness
Enthusiasm	Originality	Vision
Equality	Patriotism	Vitality

Part Three: Writing down your desires

Desires are the first element we incorporate in our personal mission statement. We often dismiss our desires because we sometimes do not feel they are possible or that we are capable of achieving them. Learning about yourself and your strengths is the first step to achieve your desires. You also need to deliberately go on a journey of discovery to figure out what you really want.

A desire is a **vision** with high emotional attachment that is based on *values* and the *need to do good* for oneself and the community. It sums up the *what, how, and why* of your life.

Desires are what will help you focus your career, life values and lifestyle in one single statement. This exercise helps you tap into your desires to be able to incorporate them into your mission statement.

Below is an example of how to write your life desires:

- **My personal desire:** I feel excited when I travel the world meeting new people to teach them about Arab culture in order to help them understand us better and help create more peace and understanding in the world.
- **Desire:** To travel the world and meet new people
- **Emotional attachment:** I feel excited
- **Service/career/role:** To teach others about Arab Culture in order to help them understand us better.
- **Life Values:** Peace, acceptance and understanding

Based on your answers of the above exercises relating to your inner nature, life values, personality etc. identify your top desire that you'd like to have in your life.

Take a few deep breaths.

Relax your body and place your hand on your chest (where your heart chakra is).

Intend to connect to the realm of truth within.

Reflect on your soul's desire to express itself. What is inside of you that is waiting to come out? What dream or desire have you dismissed or suppressed? How would you express yourself authentically if there were no limitations? What if you had all the resources you required and money was not an issue? Allow yourself to dream big. Just go with the flow. Think of multiple examples of ways you have felt called to express yourself in the world and in your life. Do not hold back; be honest with yourself. Once you have completed the inner reflection, write down what comes to mind in the space below.

My personal desire is:

Now take the time to reflect on the emotional state the desire makes you feel. See example above.

Emotional attachment: I feel

Now write the type of career or service you could express as a result of having this desire. You may explore more than one career/role here in order to fulfill your desire.

Service/career/role:

State the values this desire helps you fulfill. Make sure you identify your values using the previous exercise.

Life Values:

Part Four: Writing down your mission statement

Now that you have learned your inner nature, your strengths, life values and desires, you are better equipped to write down your mission statement.

Your mission statement will inform the ‘what’ and ‘how’ of your life. It is the broader direction and essence of your life. Such statement will help you choose your career direction and what’s most important to you. You also need to remember that mission statements evolve over time and that they encompass many areas of your life; so your first draft will go through different revisions as you evolve and change during the process of wanting to bring meaning into your life. Below is an example of a few mission statements to help you see how it brings all the elements together:

“I see my mission in using my creativity & positivity to better the lives of those around me, and inspire others through the cultivation of a quiet and inner strength.”

“My role is to create a nurturing and supportive environment of unconditional love and respect to one another. To encourage each other’s creativity and passion and to live each day with intention, integrity, and with a thirst for adventure.”

“My mission is to ignite the love of God in people’s hearts”



Step 1: Reflect and Prepare

From the learning and exploring you have done so far, scan all the exercises you have completed so far and **circle the key words** that resonate with you and indicate values, passion and high emotion. Do you see a theme emerging? What values stand out to you? What words tickle your heart?

Step 2: Write Fast!

Go into your heart space, take a few deep breaths *(follow the instructions provided in Tips on Accessing Your Inner Self available at www.eimanalzaabi.com/resources)*. Open up your inner self and engage in a *fast writing* exercise to construct your mission statement below.

My mission in life is to

Step 3: Review and Refine

Now that you have a rough draft, take your time to mold it based on the new insights you have gained and your understanding of yourself and your role as a result of doing the exercises above. A mission statement is a *one sentence* that sums up your life purpose. It states *how* you choose to live your life. Use the space below to re-write your mission statement and try out different versions until you feel happy with one that resonates deeply in your heart. When you are done, place it somewhere you can see it often to help connect you of your greater vision and life purpose on a daily basis.

Re-write your mission statement here:
