

PART 2 - MONITORING MY HEARTBEAT

GOD HAS GIVEN EACH PERSON A UNIQUE "HEARTBEAT"

God had a purpose in giving you your inborn interests. In fact, your emotional heartbeat reveals a very important key to understanding God's design and intention for your life. *The key to understanding your heartbeat is to look at your past accomplishments.*

Step One: LIST AND DESCRIBE YOUR ACCOMPLISHMENTS SINCE CHILDHOOD

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 are recalling things you **enjoyed doing** and **did well** (accomplishments), not just pleasant experiences.
Bad example: "Had a great vacation in the Rockies."
Good example: "Took some stunning photographs 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 the things you've done.

Here are some brainstorming suggestions to get you started. For each period of your life, think about the following things:

Your home – favorite rooms, how was your room decorated?

Favorite toys, games, activities, movies, books.

School – awards you won, favorite teachers and classes, extra curricular activities.

Friends, boy/girlfriends, enemies.

Jobs you had and liked/disliked.

Clothes you wore, things you enjoy doing around the house.

MY HIGHLIGHTS OF THE THINGS I DID WELL AND ENJOYED DURING MY ELEMENTARY SCHOOL YEARS

- 1.
- 2.
- 3.

AS A TEENAGER

- 1.
- 2.
- 3.

IN COLLEGE OR EARLY 20's

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

MY "THIRTY-SOMETHING" YEARS

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

COMPLETE UP TO YOUR PRESENT

- 1.
- 2.
- 3.
- 4.
- 5.

The more you can list the better. Fill up the back of this page if you can!

Step Two: DISCOVER THE MOTIVATED DIRECTION OF YOUR HEART

Examine your achievements for a common motivational thread. You might find a key phrase repeated. See if you can match one of the "*heartbeats*" listed below as examples. Choose as many as apply to you.

I LOVE TO ...

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

PIONEER - I love to test and try out 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 something that is 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 standard.

INFLUENCE - I love to convert people to my way of thinking. I enjoy shaping the attitudes and behavior 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 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/BE IN 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.

You should be able to support your choice with examples from your achievements. For 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 age 16
- I have collected rare stamps
- I have built up a large cash reserve
- I have acquired options on three properties"

WRITE THE BASIC MOTIVATIONAL DIRECTION OF YOUR HEART THAT YOU FEEL MOST STRONGLY ABOUT BELOW, AND ON YOUR PERSONAL PROFILE: (you can have more than one)

1. _____

2. _____

3. _____