

“The probability that we may fail in the struggle ought not to deter us from the support of a cause we believe to be just.”

Abraham Lincoln

## YOUR PASSION (CAUSE)

Here is where the rubber meets the road! We are on this earth to love and help each other, so in this section, you will spend some time thinking about the cause that gets your blood pumping! Maybe you’ve known about a particular passion project for years now or maybe you haven’t thought about it much at all... In either case, now is the time to answer one more round of questions and find the theme that leads you on a path designed for you! Here we go!

Clue #1: Is there a cause that you feel passionate about? Many times the essence of your life purpose is revealed through a cause that you are committed to at a very deep level. In other words, what “needs” can you identify that you would like to address or get involved in:

1A: Within your own family, including extended family members.

***Examples: Lonely grandfather, sister with addiction, disabled war veteran uncle***

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1B: Within your community.

***Examples: Inadequate child care facilities, overcrowded animal shelters***

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1C: Within your Church.

***Examples: Raising money for mission trips, visiting shut-ins, youth outreach***

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1D: Within your Country.

***Examples: Increased school shootings, Sustainable farming, alternative learning***

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1E: Within the world.

***Examples: Renewable energy, climate change, food shortages***

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“I am always in awe of people who devote their lives to a good cause and are brave enough to take a stance, though it may be controversial in their time.”

Rebecca Pidgeon

Clue #2: From clue #1, what issue means the most to you right now and how can you begin to solve it? How can you make a difference, even in a very small way?

**Consider: Taking your Grandpa to lunch, start researching wind energy on your own**

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Clue #3A: What issue is your top concern that needs to be addressed on a global level?

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Clue 3B: What are the specific steps you could take to educate yourself about this issue?

**Example: Human trafficking: learn how to recognize the signs of trafficking in order to recognize victims. Research agencies that focus on this issue.**

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“A man’s true wealth is the good he does in this world.”

Muhammad (570-632 CE)

Clue #4: Which organizations or volunteer groups are you passionate about and which ones are you already involved in?

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Clue #5: What community needs are pressing and vocalized by your friends, church and in the media?

**Examples:**

***Children who sleep in cars, People without enough food, shelter animals, disabled veterans***

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Clue #6: If you could get a message out to a large group of people about the issue that bothers you the most, what would your message be and who would be the people in the group?

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Clue #7: What situations are most disturbing to you when you see them happening to people in your community or around the world?

***Examples: gun violence, hunger, poverty, loneliness***

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Clue #8: What has been the greatest challenge that you have overcome so far in life? Could you help other people overcome the same challenge?

**Example:**

***Meghan had become addicted to pain killers after a skiing accident and after nearly overdosing one night, she sought help. It took years, but with good therapy, she's drug free and now serves as a counselor at a local shelter.***



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“I’ve learned that when a lot of people get together they can make change.”

Ana Andrade

Clue #9: What are you willing to do even though it might take you beyond your comfort zone?  
What is more important to you than feeling vulnerable?

***Example 1: Donna has been offered a job promotion but would have to relocate out of state. It's the perfect job for her but she's terrified of moving to a place where she doesn't know anyone.***

***Example 2: I'm not comfortable with public speaking, but it's really important to me that people know about all the shelter animals needing new homes.***

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Clue #10: What specific talents do you have that could be used to help others?

***Examples:***

***Michael is very athletic. He also has a heart for young men who are incarcerated. He checked into the local prison ministry and now plays basketball with a group from the prison.***

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"If you want to discover the true character of a person, you  
have only to observe what they are passionate about."

Shannon L. Alder

Clue #11: List one or two valuable contributions that you want to make to society

**Example:**

**Mark helped start a food bank in his town because the county facility is 25 miles away**

**Emma wants to form a group at church to send care kits to overseas military and veterans at home who are struggling.**

**Sophie and her friends plan to collect books and toys that people in their neighborhood no longer use to contribute to the new community room in the city's homeless shelter.**



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“There is always strength in numbers. The more individuals or organizations that you can rally to your cause, the better.”

Mark Shields



## ***“YOUR CAUSE” SUMMARY***

Take a few minutes now to look at your answers and see what really tugs at your heart when you think of the needs of the world. Any thoughts that you see over and over again? Let’s break it down a little more....

Look at clues # 1 A-E, 2, 3A, 5 and 7. What keeps coming up for you as you answer these questions and how do you think you can help solve the issue(s)?

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Look at clues # 3B, 10 and 11. Why are you uniquely qualified to offer a solution for your chosen “cause”?

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Look at clues # 4 and 6. Summarize how you will join other like-minded people to get your message across?

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Now look at clues # 8 and 9. What are you willing to do, even if it is uncomfortable, to make a difference for the cause that you have discovered is close to your heart?

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Now, in a few sentences, summarize the cause that you would like to help and how you will do it. Write about your discoveries and insights from this section. We'll revisit this at the end of the series.

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“All I ask is this: Do something. Try something. Speaking out, showing up, writing a letter, a check, a strongly worded e-mail. Pick a cause - there are few unworthy ones. And nudge yourself past the brink of tacit support to action. Once a month, once a year or just once.”

Joss Whedon

## MASTER SUMMARY “AT-A-GLANCE”

It’s time to put all of your discoveries together in one easy-to-read Master Summary! It will actually be a summary of your summaries.... Hopefully you have been able to narrow down your answers to the top one or two. This is the space to list what you have come up with as you reviewed the other sections. You will need the answers you come up with here to complete your life vision in the next exercise.

We’ll keep the same order to make this as simple as possible. Here we go!

### YOUR PERSONAL INTEREST SUMMARY:

- List the most important activities that you enjoy
- List the career that you are most interested in

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### YOUR PERSONAL GROWTH SUMMARY:

- List your top ideas for ensuring your personal growth
- List how you will accomplish your ideas

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**YOUR SKILLS AND TALENTS SUMMARY:**

- List your top skills and talents
- List how you can use these skills in your career and to help others

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**YOUR ROLE MODELS SUMMARY:**

- List the character traits you admire the most
- List how these traits will help you become the person you want to be

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**YOUR BUSINESS SUMMARY:**

- List your top ideas for a product or service
- How will you bring your idea to the market

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**YOUR LEGACY SUMMARY:**

- List what you would most like to accomplish in your life
- List what you want to be remembered for

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**YOUR CAUSE SUMMARY:**

- What is the most important issue that keeps coming up for you
- What is your plan to offer a solution for your issue

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Ok, keep all of this fresh in your mind as we move on to the Life Vision section. You will be using your answers to craft a vision for your future that includes what you have discovered about yourself as you think about what is really important to you going forward.