

Activity 17.5: Giving Back Self-Assessment

Use to determine how you can be “Fully Contributing” before finalizing your Mission/Purpose

Why should we aim to fully contribute?

Fully contributing is the e in “humane”; it is the difference between simply being human and being a humane being. In simple terms, it means doing the best you can in all aspects of your life in each of your key roles, including your community and the future of our world, for as long as you can. We aim to fully contribute because deep in our souls there is a quest to reach our highest purpose—an innate desire to want our lives and the lives of our offspring to matter. Your finest contributions will likely take you out of your comfort zone, requiring growth, to learn skills and talents you never thought you possessed. Fully contributing is self-actualizing on multiple levels. It is a win-win scenario in which what you get back (in confidence, wisdom, growth, and joy) can be as precious as what you give. No matter what, every time you attempt to really contribute, your effort rewards you with the knowledge that you tried your best. Over time, your life will be filled with accomplishment rather than regret and anguish for what you could have accomplished but didn't.

Part 1. Assessment

Which of your skills, talents, or resources could be shared with others to really make a difference?

◇

◇

◇

Are you currently sharing in a way that meets your goals for yourself? Why or why not?

◇

◇

◇

Can you do more? List one thing that you could add to your giving back that would really make a difference.

◇

What benefit would you gain as a result of sharing your time, skills or resources.

◇

◇

◇

How could you make this happen?

Part 2: Do you have any goals related to your life's purpose?

In light of everything we've talked about, you probably have some goals in mind already. Jot them down below. Consider sharing these ideas with the other key people in your life to get thoughts on how you can implement them, what it will take, and the sacrifices or consequences required. If you choose to pursue these goals as a Wellness Journey, consider first completing the Wellness Compass Profile (Activity 21, Step 1) first so you have a comprehensive assessment of your strengths and challenges. You may also want to complete activity 14.2 if you haven't already.

Part 3: How can you best manage your time to achieve your goals? Are you stressed or out of balance?

Consider whether you need to first reassess your current time-management system using the Life's Purpose Game. (Chapter 18.) Is there a different way you could utilize your time that would help you reach more, or a better balance of, your goals? What sacrifices will you have to make? What are the consequences or risks of these sacrifices? Can you live with them? Again, consider sharing your goals with your significant other and using all the tools to define your final goals and plans. If you believe you are struggling with other areas of your well-being, stress, or balance, you may want to first review the content of chapter 19, "Maintain Balance."