



WITTY & GRITTY PODCAST GRIT MINI SERIES EPISODES 19-25

How to Discover Your Giftings & Passions

We will walk you through a series of exercises that will help you begin to uncover your giftings and your passions. Your Giftings & Passions Finder is here to help you become more self aware, get you ready to dive in to your next adventure, & give you a little confidence boost. Carve out about 30 minutes to invest in yourself. **BONUS POINTS** if your 30 minutes also includes a hot bath, a beverage you like, or some motivational music (or all of those things!).

SOMETHING TO THINK ABOUT BEFORE BEGINNING: Take note of what you are doing when you are not eating, at work, or sleeping. Those may be of interest in this exercise. Begin to think about your hobbies, interests, what you do when no one is asking you to do something, or when you are fulfilling an obligation. Dream BIG here!

Giftings Brainstorm

SET A TIMER FOR 5 MINUTES: Brainstorm all of the things you do well. Think of character traits or skills that are easy for you. Think about times people have said, "You do this so well." "How do you even do that?" "Wow, I don't think I could ever do that." If you need help brainstorming, ask a trusted friend. Work for the FULL five minutes.

Examples: punctual, loyal, make awesome chocolate cake, can braid little girl hair, etc... **Ready? 3, 2, 1, GO!**

Now we're switching gears (trust us, there is a method to the madness). Take about **5-10 minutes** completing the chart below. Adjust chart hours as needed.

Weekly Outline Example

Use the weekly chart below to describe how your typical week goes. Think of your life right now. How do your days look? Fill in what you do typically in these hours. If it's seasonal due to circumstances (job, having a baby, etc...), print off however many you need to get a clear picture.

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5am		Gratitude Journaling	Gratitude Journaling	Gratitude Journaling	Gratitude Journal	Gratitude Journal	
6am		run	gym	run	gym	run	
7am	Gratitude Journaling	work	work	work	work	work	
8am	rest w kids	↓	↓	↓	↓	↓	Gratitude Journal
9am	church						rest w kids
10am	church						soccer game
11am	church						soccer game
12pm	lunch						lunch
1pm	rest time						rest w kids
2pm	quality time						
3pm	quality time		quality time				
4pm	quality time	work	work	work	work	work	quality time
5pm	home group	dinner	dinner	play & tidy	play & tidy	play & tidy	quality time
6pm	home group	book study	soccer practice	dinner	dinner	dinner	dinner
7pm	kid bed routine	kid bed routine	kid bed routine	kid bed routine	kid bed routine	kid bed routine	kid bed routine
8pm	next day prep	next day prep	next day prep	next day prep	mastermind	next day prep	next day prep
9pm	quality time	quality time	quality time	quality time	next day prep	quality time	quality time

Your Weekly Outline

Use the weekly chart below to describe how your typical week goes. Think of your life right now. How do your days look? Fill in what you do typically in these hours. If it's seasonal due to circumstances (job, having a baby, etc...), print off however many you need to get a clear picture.

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5am							
6am							
7am							
8am							
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							

Switching gears again! Take about **5-10 minutes** completing the chart below. Adjust times as needed.

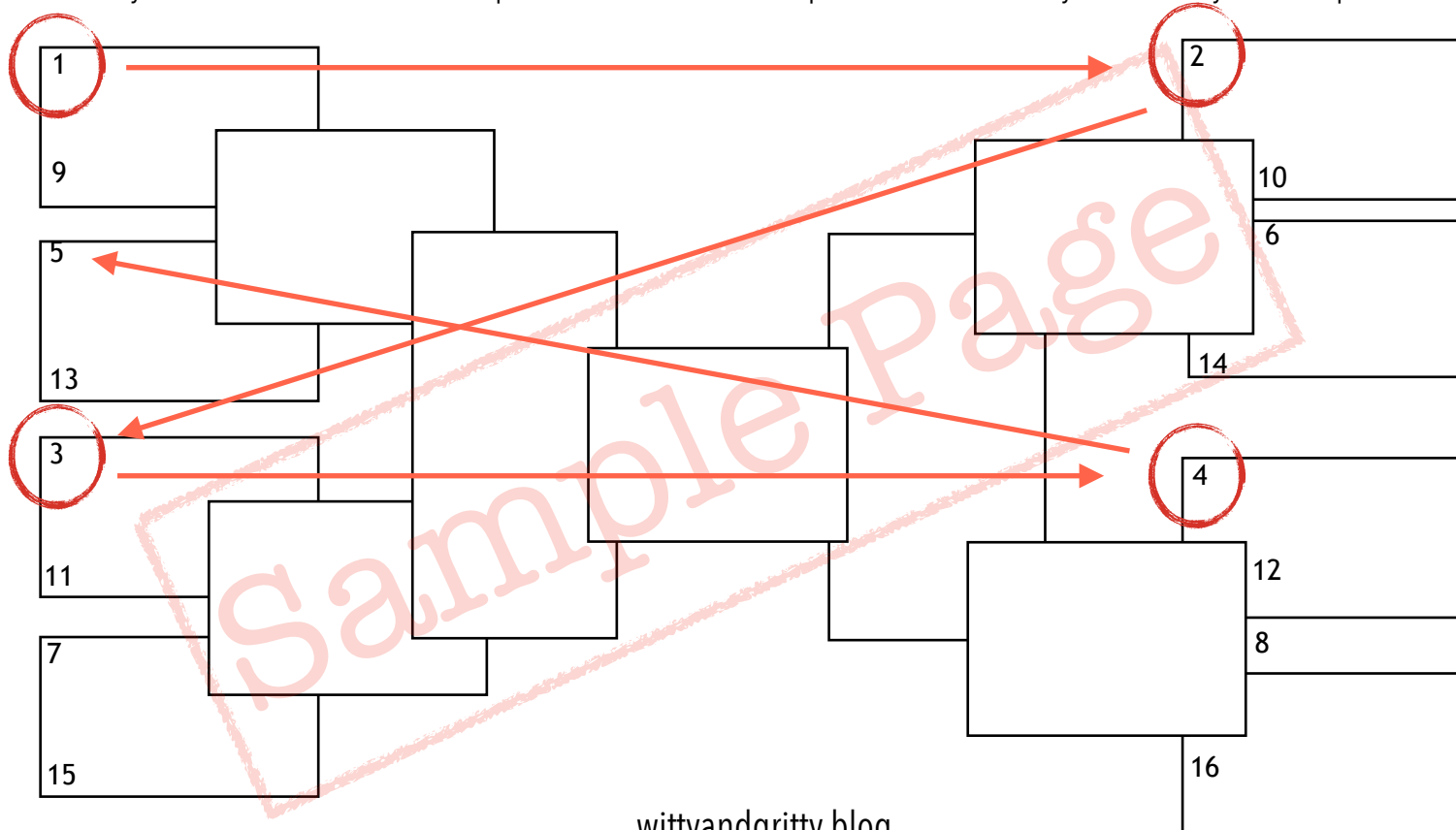
Passion Bracket

Think of your favorite things to do. Family? Sports? T.V.? Food? Hobbies? What takes up your time? Use your weekly outline to help you come up with all sixteen items.

STEP ONE: The 1st thing that you love to do that pops in your head put in space "1". The 2nd thing that pops in your head goes in space "2" and so on and so on.

STEP TWO: Once your bracket is filled in, begin the head-to-head elimination process until you get your final four. For example: #1 and #9 meet up first. Which thing do you love to do the most? That item advances to the Elite Eight. The winner from the 1/9 bracket goes head-to-head with the winner of the 5/13 bracket. Repeat this process on either side until you have your championship.

IMPORTANT! Make note of your "Final Four". This could be important information. These top four choices are what you most likely feel most passionate about in your life.



Passion Bracket Example

Sweet Sixteen

Elite Eight

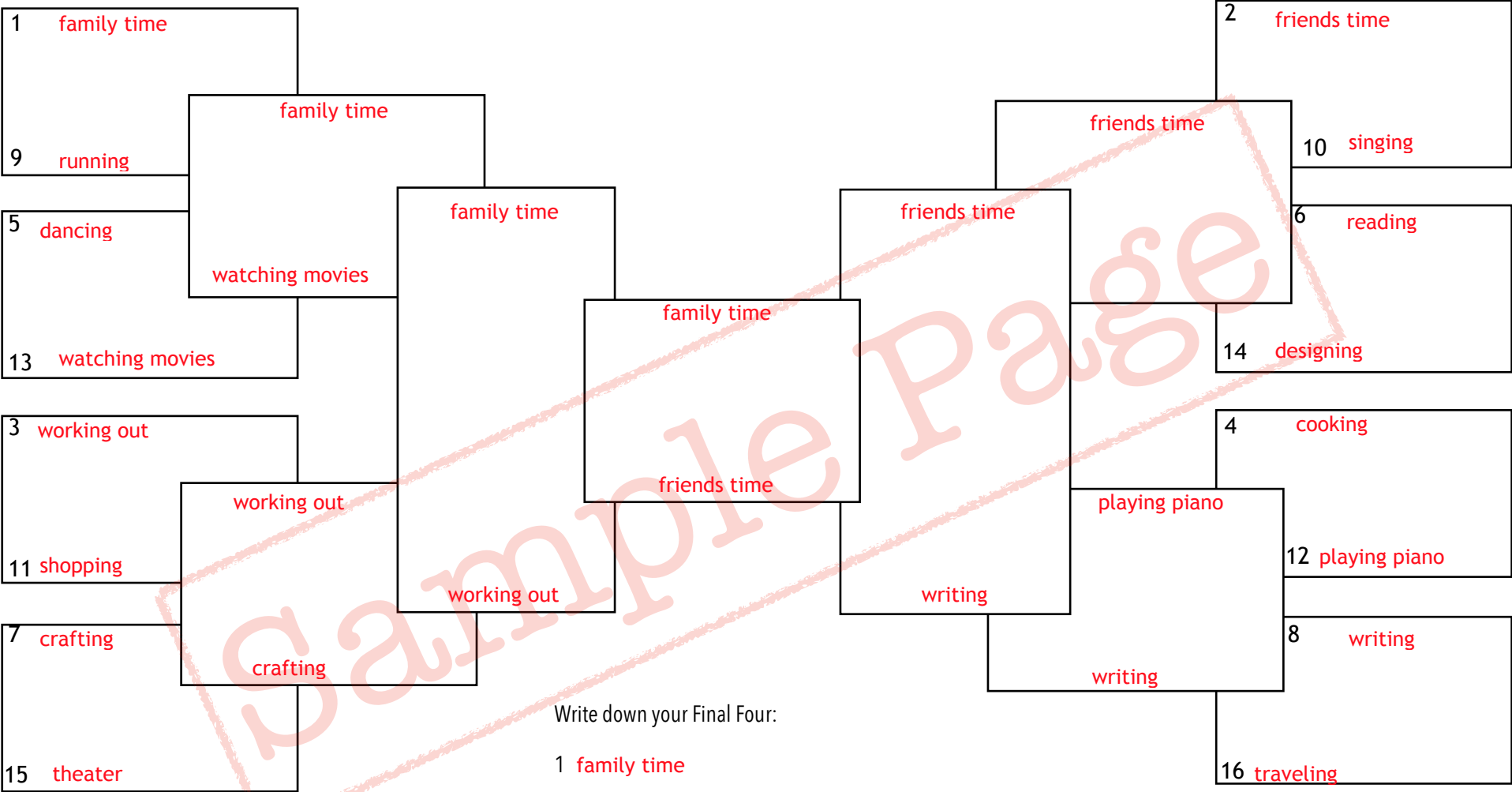
Final Four

Championship

Final Four

Elite Eight

Sweet Sixteen



Write down your Final Four:

- 1 family time
- 2 friends time
- 3 working out
- 4 writing

Your Passion Bracket

Sweet Sixteen

Elite Eight

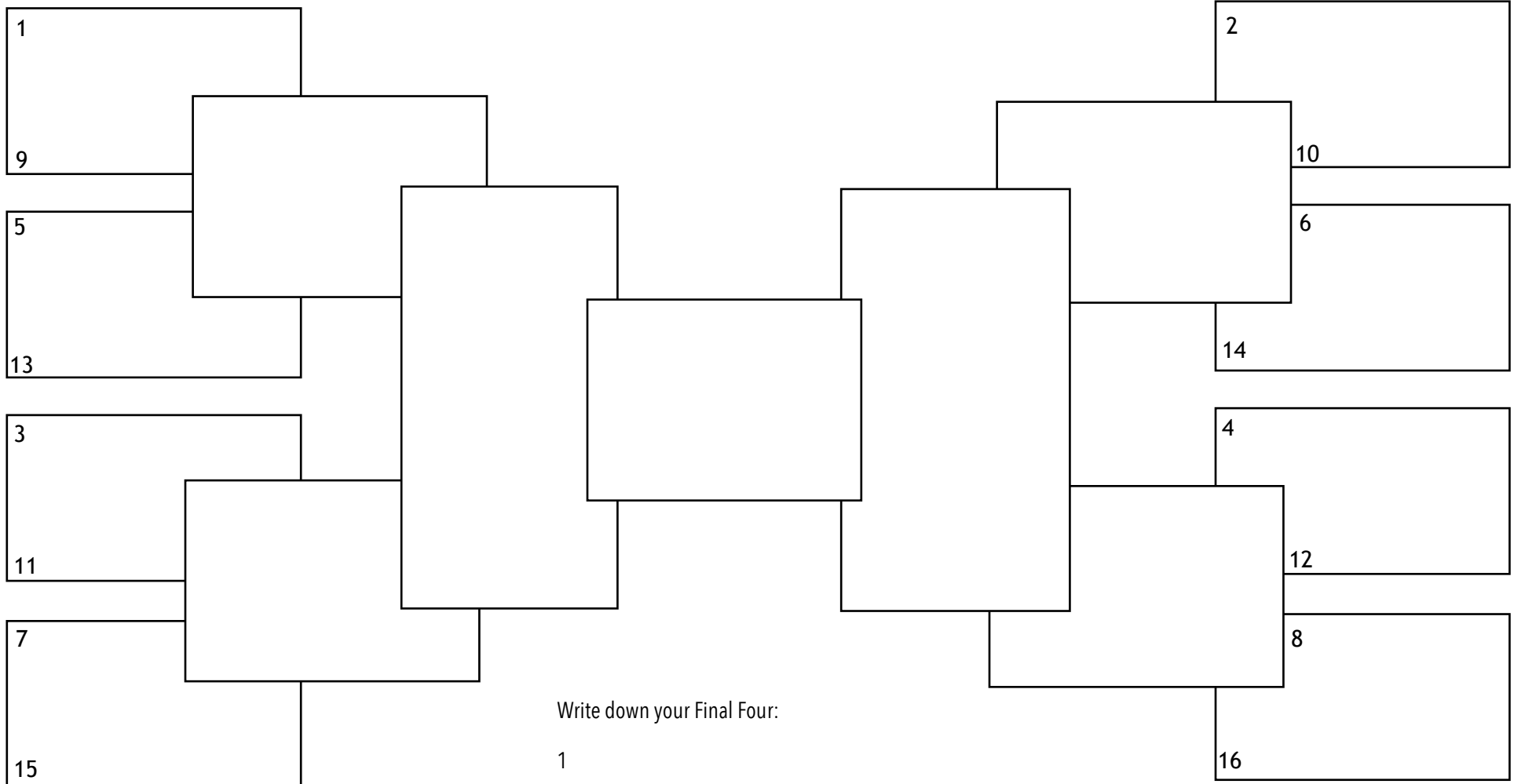
Final Four

Championship

Final Four

Elite Eight

Sweet Sixteen



You're Doing Great! Now here is where we tie it all together. It seems that you've accomplished three totally different tasks; however, you were able to dig deep and find your starting point to your giftings and your passions. GO YOU!

In the space below you'll summarize what you've discovered. Remember, this is just scratching the surface to your potential. This exercise is here to help you find the first stepping stones and move towards your giftings and passions. The more you keep your giftings and passions in the forefront of your mind, the more likely you are to notice where you can begin applying these attributes. Keep your eyes and ears open to opportunities around you!

Giftings Brainstorm

Write down your favorite top 10 Giftings

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Weekly Outline

Write down your top 10 favorite weekly items

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Passion Bracket

Write down your top 10 (elite 8, plus 2) in order

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Here's the fun part! Look at the 3 charts and see which items crossover. This is most likely where your giftings and passions line up with your day-to-day life. Now use this information to propel yourself forward. Use these skill sets to lift others up, bring joy, and realize your goals.