



## HOW TO RECOGNISE YOUR TRUE CALLING

We all need a sense of life purpose. We all want to make a contribution to the world. Yet, how do you know what your contribution is meant to be? How do you know what your true calling is? This issue of CQ® puts forward six questions that can help elicit your own true calling.

**Q1: What's Your Core Values?** Recognition of your own true calling starts by knowing your core values. Your core values need to be respected else you may feel conflicted or hypocritical. Your values may run so deep that you may not necessarily recognise that you own a particular value, unless that value becomes challenged. So start by writing down the top 5-7 core values you are currently aware of. Feel free to add or modify your values list in future as you become aware of other values you hold dear.



**Q2: What's Your Passion?** Recognition of your own calling continues with an understanding of the things that drive you: Your passions. Imagine you have been given the opportunity to speak for 30 seconds on prime time T.V. What would you choose to talk about? What message would you like to share with the world? In seeking to answer this question, you may find that you easily come up with a single message and stop there. However, you may find that several ideas come to mind, each of which could easily represent that one message you would choose to share with the world. If you find yourself in the latter category, you could consider whether there is an overarching theme coming through. Your message might lie within that theme.

**Q3: What Are You Good At?** Recognition of your own true calling continues by identifying your own capabilities. Consider your knowledge, skills and abilities. Consider also what peers, family, friends and competitors admire or envy in you. Consider also the things that you can do easily but that those around you seem to struggle with. What you identify here represents your unique, and valued, strengths.

**Q4: How Can You Combine Your Passion and Capabilities in a Meaningful Way? Does it Fit With Your Values?** You can then consider how you might combine your passion and capabilities in a way that is both meaningful and consistent with your core values. You could consider how you might draw on your capabilities to address your passion in a way that is meaningful for you and respects your core values.

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### OUR MISSION

To provide a professional service, using best practices.

### OUR MOTTO

- Be Proactive.
- Take Charge of Your Career.
- Look After Your Health.

PPP\*: \$330 per calendar year.

SEMINARS OF THE FUTURE®: \$330 per calendar year.

We are bringing our newsletters to the electronic age. Please email us if you would like to receive CQ® and HQ® electronically. We also welcome your opinions, comments, thoughts, reflections and feedback on this and future issues of both newsletters.

You can book your place in one or more of our programs by completing the application form (see accompanying HQ®) or by downloading the application form from our website.

## DIARY DATES FOR 2016

### HOW TO RECOGNISE YOUR TRUE CALLING cont'd

Q5: Where Do You See Yourself Going? You could draw your own timeline with the left-most marker representing where you are today. The right-most marker represents where you want to be at age 120. You could have several strands running through this timeline, one for personal relationships, (including family, life partners and parenting), a second strand for career or business, a third for hobbies and interests and a fourth strand for investments. For each strand within your timeline, you could mark out the major milestones you anticipate reaching by a set age. Be sure to incorporate your answers to the previous questions here.

Q6: Does Your Timeline Make You Smile? Does it Excite You? After you have fleshed out your timeline, you need to ask whether each strand of your timeline fully reflects what you want. After you cast your gaze along the full length of each strand of your timeline, notice whether it leaves a smile on your face. Consider also whether you feel excited by it. If you feel less than satisfied in some way, you may need to tweak one or more of the strands in your timeline until each strand fully represents what you want in life.

By answering each of the above questions, you will find that not only have you identified your own calling; one that is true to your core values, but you will also have mapped out a plan to develop your calling over your lifetime. All you have to do is follow through on your plan.

So, what will you do to identify and follow your true calling, today?

### CONSULTING HOURS

Rachel is available for consultation on Mondays, Fridays and Sundays. Her colleagues are available by appointment. We are open every day except 1<sup>st</sup> January, Good Friday and 25<sup>th</sup> December each year.

### LIBRARY HOUR

The **RACHEL ABRAMSON & ASSOCIATES** library is open following our **SEMINARS OF THE FUTURE**<sup>®</sup> and **pPP**<sup>®</sup> seminars. It is also open by appointment.

Monday's **pPP**<sup>®</sup>, Year 1, 6.00-8.00 pm

7 Mar Setting Up Your Business: What You Need to Know

21 Mar: Handling the Paperwork, including the GST

4 Apr: Processes and Procedures that Work

18 Apr: Determining Your Price and Fee Setting

2 May: Budgets and Cash Flows

16 May Marketing Your Business: Your Product

6 Jun: Marketing Your Business: Promotion Strategies that Work

20 Jun: Marketing Your Business: Getting Your Image Right

4 Jul: Marketing Your Business: Alternate Places for Your Product

18 Jul: Marketing Your Business: Databases for Your Business

Thursday's **pPP**<sup>®</sup>, Year 2, 6.00-8.00 pm

Weekly from 7<sup>th</sup> July to 8<sup>th</sup> September

**pPP**<sup>®</sup>, Year 4 Sunday intensives

Day 1: 19<sup>th</sup> June

Day 2: 17<sup>th</sup> July

Day 3: 31 July

July 24: Graduation ceremony. All levels. BYO hat.

The **SEMINARS OF THE FUTURE**<sup>®</sup> will be held in May and October in 2015. You can mix and match the three days, according to your diary. As always, our **SEMINARS OF THE FUTURE**<sup>®</sup> will provide you the most up-to-date career food for thought.

Day 1:  1 May or  9 October

10.00 Rewiring Your Career - The Theory

11.15 The Triune Brain, Amygdala and more

02.00 Basic Principles to Rewire Your Career, pt1

03.15 Basic Principles to Rewire Your Career, pt2

Day 2:  8 May or  16 October

10.00 Rewiring Your Career from the Inside

11.15 Your Boss is not a Hungry Tiger

02.00 If You Think You Can...

03.15 How to Make the Novel Work For You

Day 3:  15 May or  23 October

10.00 Rewiring Your Career from the Outside

11.15 Are You Showing Your Age

02.00 Rewiring Bosses, Colleagues, Stakeholders Clients and more

03.15 More on Making the Novel Work For You