

# **Orientation For GIVEN Mentees:** Personal Vocation, CliftonStrengths & Fulfillment Stories

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## What is Personal Vocation?

God the Father beholds each of you as beloved daughter. He speaks you into existence. He looks upon you and calls you by name – ALWAYS.

This vertical relationship with the Father is the heart of PERSONAL VOCATION: *God's constant call to each unique person to holiness & relationship with Him.*

Personal Vocation includes and integrates the universal call to holiness, 'state in life,' professional duties, and other aspects of 'vocation.' It includes God's plan for you to reflect him through self-creative freedom and your unique pattern of gifts.

Personal Vocation is about your *being* (vertical); Your Mission is about your *doing* (horizontal).

You are FIRST a Beloved Daughter; then, a sister, friend, spouse, etc.

# The value of knowing and developing our talents...




“**What** will **happen** when we think about what is **right** with people rather than **fixating** on what is wrong with them?”

- Donald Clifton, Ph.D.  
(Father of Strengths-Based Psychology)



# What are talents?



“**Talent** is a naturally recurring pattern of thought, feeling or behavior that can be productively applied. It indicates the capacity to do something. It is a **potential strength**.”



**Talent**

(a natural way of thinking,  
feeling or behavior)

**X**



**Investment**

(time spent practicing, developing your  
skills and building your knowledge base)

**=**



**Strength**

(the ability to consistently  
provide near-perfect performance)

EXECUTING	INFLUENCING	RELATIONSHIP BUILDING	STRATEGIC THINKING
<p>People with dominant Executing themes know how to <b>make things happen</b>.</p>	<p>People with dominant Influencing themes know <b>how to take charge, speak up, and make sure the team is heard</b>.</p>	<p>People with dominant Relationship Building themes have the ability to build strong relationships that can <b>hold a team together and make the team greater than the sum of its parts</b>.</p>	<p>People with dominant Strategic Thinking themes help teams consider what could be. <b>They absorb and analyze information that can inform better decisions</b>.</p>
<p><b>Achiever</b>  <b>Arranger</b>  <b>Belief</b>  <b>Consistency</b>  <b>Deliberative</b>  <b>Discipline</b>  <b>Focus</b>  <b>Responsibility</b>  <b>Restorative</b></p>	<p><b>Activator</b>  <b>Command</b>  <b>Communication</b>  <b>Competition</b>  <b>Maximizer</b>  <b>Self-Assurance</b>  <b>Significance</b>  <b>Woo</b></p>	<p><b>Adaptability</b>  <b>Connectedness</b>  <b>Developer</b>  <b>Empathy</b>  <b>Harmony</b>  <b>Includer</b>  <b>Individualization</b>  <b>Positivity</b>  <b>Relator</b></p>	<p><b>Analytical</b>  <b>Context</b>  <b>Futuristic</b>  <b>Ideation</b>  <b>Input</b>  <b>Intellection</b>  <b>Learner</b>  <b>Strategic</b></p>



# Summary of How to Get the Most of your CliftonStrengths Report

- 1) Carefully Read your report (try reading aloud)
- 2) Highlight what resonates with you.
- 3) Recollect how you have used your talents.
- 4) Discuss your talents with those who know you well.
- 5) Plan specific ways that you will utilize and develop your talents.
- 6) Learn more (videos, application exercises) via Gallup Access.

# What are Fulfillment Stories?

**A Fulfillment Story is simply a description of something you did that:**

- 1. You believe you did well;
- 2. You enjoyed doing; and/or,
- 3. Provided you with a sense of deep personal satisfaction or achievement.

It is not necessary that the stories be dramatic or impressive to others. They might have resulted in some award or recognition, but this is not necessary. In fact, one may include stories that nobody but oneself knows anything about.





## Some Examples of Fulfillment Stories:

- Finished my first piano recital and got rave reviews.
- Saved for and bought a Honda CRV on my 16<sup>th</sup> birthday.
- Worked with friends to plan and lead our high school's Kairos retreat.
- Wrote and directed a comedic play for a young adult group
- Led college basketball team to regional championship.
- Developed a new and efficient method for processing transaction
- I established an evening routine of quiet reading with our children

## Criteria for Selecting Three Fulfillment Stories:

- Not passive experiences, but stories of you in action.
- Not general or vague, but specific activities with details
- Be aware of the criterion of social desirability or potentially false ideas of “what I as a Catholic *ought* to find fulfilling.”
- Let your light shine. Recognize that your life is in Christ and to name and cultivate your unique talents is to be an *image bearer* for Jesus, to reflect his gifts, to give Him Glory.
- Ask the Holy Spirit to guide you and, using the template provided, write down the top three stories that are most golden in your memory.



**What connections do you see  
between your action plan AND  
Personal Vocation, CliftonStrengths  
& Your Fulfillment Stories?**

