

Fulfillment Story* Autobiographical Form

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

1. He/she believes he/she did well;
2. He/she enjoyed doing; and/or,
3. Provided him/her with a sense of deep personal satisfaction or achievement.

It is not necessary that the stories be dramatic or impressive to others. The activities listed might be quite simple. 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.

Fulfillment stories can be from school, sports, work, church, volunteer activities, at home, leisure time—wherever and whenever.

Fulfillment Stories are:

Not passive experiences, but activities with key details

Not labels that characterize you, but activities that show you in action.

Not general, but specific activities you can support with examples.

Some examples of Fulfillment Stories:

- Age 8: Finished my first piano recital and got rave reviews.
- Age 16: Saved for and bought a Ford Mustang on my 16th birthday.
- Age 18: Worked with friends to plan and lead our high school's Kairos retreat.
- Age 22: Wrote and directed a comedic play for a young adult group
- Age 30: With 4 close friends, started, developed and led a homeschool co-op
- Age 34: I developed a new method for processing transactions that improved efficiency by 40%
- Age 39: I established an evening routine of quiet reading with our children
- Age 42: Set and achieved a goal to be top salesperson by serving my customers well
- Age 55: Was a prime mover in starting a new company.

* This definition of fulfillment stories and a method of drawing out unique patterns of motivation from them is taken from the System for Identifying Motivated Abilities (SIMA®) developed by Arthur Miller, Jr. For further information see: [Unrepeatable: Cultivating the Unique Calling of Every Person](#), by Luke Burgis & Joshua Miller.

What if I cannot think of any Fulfillment Stories?

Some people, especially those who have suffered abuse or neglect, do have difficulty identifying their Fulfillment Stories. Here are some tips for capturing them.

- We are not looking for stories about “success” as that term is usually used today—winning first place, having lots of friends and lots of money. Pay close attention to what you enjoyed doing, believe you did reasonably well or that brought you some sense of real fulfillment.
- If you cannot think of anything you believe you did well, then concentrate on the kinds of activities you simply like to do. What are your interests? Describe some of the ways you have engaged those interests.
- Pay attention to times when you experienced being “in the zone” or in the “flow” of activity so much that you lost track of time because you were absorbed in it.
- Reflect on times at play. Go back to the early years when you did not have the crush of adult expectations and were immersed in play activity to your liking – one of those moments when you were called to supper and gave a “Be right there, Ma!” response and then lost track of time and had to be reminded 15 minutes later. What were you doing in THAT activity?

Does paying attention to oneself and one’s own satisfaction or success demonstrate pride?

Recognize that God intends to be glorified through his creation, especially through human persons who He made in his image. If you find deep fulfillment in activities that reference your power or performance (e.g. gaining response or acting on stage or controlling a situation or being central to an operation) then you must consider including those stories.

Of course, we can do nothing good without God! Of course, it would be vainglory to seek recognition for ourselves alone. But it is also true that God intends us to participate with Him in redemption history and partake of His glory. He desires us to image Him and participate with Him according to how he has **naturally** inclined us to act.

Humility is proper acknowledgement of who we are before God. Dust? Yes. Utterly dependent upon God? Yes. Each called by creation to be a unique *Imago Dei*? Yes. Each of the baptized a literal partaker of the divine nature of the Blessed Trinity intended to shine with Him in glory. Yes!

Capture three of your own Fulfillment Stories using the prompts below

Story #1 - One sentence summary:
What prompted you to get involved:
What you did:
What was most deeply fulfilling to you:

Story #2 - One sentence summary:
What prompted you to get involved:
What you did:
What was most deeply fulfilling to you:

Story #3 - One sentence summary:

What prompted you to get involved:

What you did:

What was most deeply fulfilling to you: