



Meaningful Contribution

Gifts, Strengths,
Interest & Passions



“Your gifts lie in the place where your values, passions and strengths meet. Discovering that place is the first step toward sculpting your masterpiece, Your Life.”

— Michelangelo

Meaningful Contribution

**Sense of
Purpose & Value**

Every person has capabilities, abilities and gifts to contribute

A meaningful life is experienced when capabilities can be used, abilities expressed, and gifts given.

Contribution enables a person to feel valued, powerful and connected, sometimes referred to as a sense of belonging to the people around them and with their community

Everyone benefits friends, family, business and community when everyone contributes.

Benefits

- **Mental Health & Physical Health**
- **Happy Hormones**
 - **Serotonin, dopamine, oxytocin, and endorphins**
 - promote positive feelings and mood like pleasure, happiness, and even love
 - Reduces stress, depression and anxiety
- **Hormones and neurotransmitters** are involved in essential processes
 - like heart rate and digestion

Meaningful Contribution

Being good at something is not a good reason to keep doing it

I do it well

I enjoy doing it

It serves others

Gifts

- Natural Ability or Aptitude
- Patterns of thought feeling or behaviour
- Sometimes considered a “talent”



**Head
Hands
Heart**



Zest

I take on each day with energy and excitement.



Friendship

I get along well with others and my friends can count on me.



Gratitude

I appreciate the good things that happen to me.



Love

I value my close relationships with others.



Sense of Meaning

I am discovering my purpose and place in the world.



Judgment

I am open-minded and think through my decisions.



Perseverance

I work hard to achieve my goals and don't give up.



Creativity

I can think of lots of ways to solve problems and use my imagination.



Curiosity

I explore the world around me and have fun learning.



Love of Learning

I get excited discovering new things.



Fairness

I believe everyone should have the same opportunities.



Perspective

I can "put myself in others' shoes" and help give good advice.



Humor

I like bringing a smile to others.



Bravery

I take on challenges and speak up for what is right.



Hope

I feel positive when I think about the future.



Self-Control

I can stop, wait and manage my emotions.



Leadership

I can be the conductor! People look to me for direction.



Teamwork

I like being part of a team and doing my share.



Kindness



Forgiveness



Humility



Honesty



Prudence



Appreciation of Beauty

Strengths

- Positive vs Negative or “Weakness”
- Ability to consistently perform the task or behaviour
- Character Traits or Attributes
- Specific Skills



Wisdom

- Creativity
- Curiosity
- Love of learning
- Judgement
- Perspective

Courage

- Bravery
- Perseverance
- Honesty
- Zest

Humanity

- Love
- Kindness
- Social intelligence

Temperance

- Forgiveness
- Humility
- Prudence
- Self Regulation

Justice

- Fairness
- Leadership
- Teamwork

Transcendence

- Appreciation of beauty & excellence
- Gratitude
- Humor
- Spirituality
- Hope

Interests

- Hobbies
- Recreation
- Relaxation
- Rejuvenation
- Connection
 - Mentally
 - Physically
 - Socially



Passions

- Animals
- Environment
- Social Justice
- Politics
- Advocacy
- Health & Fitness
- Learning
- Personal Development

Fire in your Belly

Evokes a strong feeling of enthusiasm or excitement for something or about doing something

