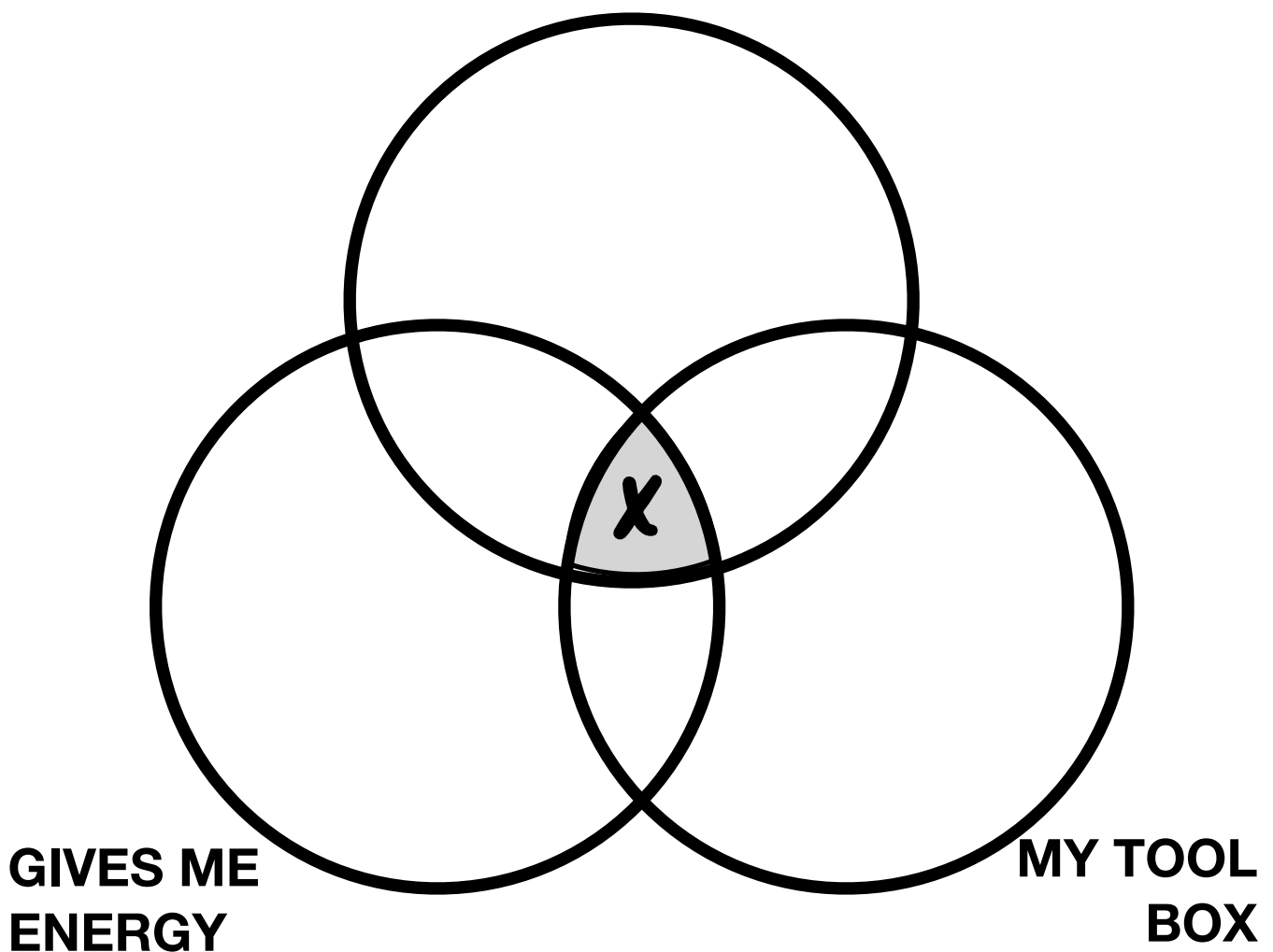


DISCOVER YOUR

CONTRIBUTION

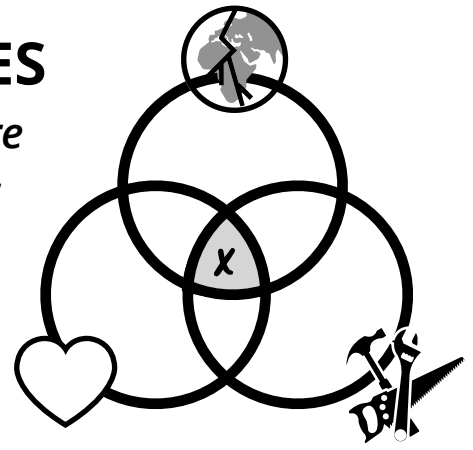
A simple exercise to help you discover meaningful ways to make a difference that align with who you are and, in doing so, help you experience greater vitality and joy.

**WHAT PROBLEMS IN THE
WORLD CALL TO ME?**



PART 1 - IDENTIFYING MY 3 CIRCLES

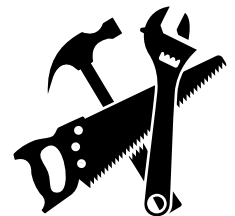
Your most meaningful contribution often lies where your passions, talents and the world's needs - that speak to you most - overlap. Begin by filling in each of these three categories.



MY TOOLBOX

List the tools at your disposal: talents, skills, strengths, qualities, resources.

Examples: teaching, organising, listening, leadership, speaking, design, coding, problem solving.



GIVES ME ENERGY

What makes you come alive? What do you enjoy so much that you could happily spend hours doing, every day? Examples: music, technology, learning, business, creativity, managing, organising, clarifying and explaining clearly, Judaism, children, nature.



WHAT PROBLEMS IN THE WORLD CALL TO ME?

You can't fix everything, but where would you most want to make a difference?

Examples: loneliness, mental health, Jewish identity, poverty, family health, education.



X PART 2 - YOUR CONTRIBUTION ZONE

Brainstorm 7 possible ways you might be able to combine any of your talents and any of your passions and apply them to addressing any of the needs in the world around you that speak to you most. Some of your ideas may never happen—and that's okay. The purpose is to discover which possibilities excite you most.

1

2

3

4

5

6

7

PART 3 - WHICH OF THESE SPEAK TO YOU MOST?

*Read back over your list and place an asterisk * next to the ideas that speak to you most. Then place a second asterisk ** next to the one idea you would most like to develop (which we'll do on the next page).*

For example: * 1 2 ** 3

PART 4 - DEVELOP ONE CONTRIBUTION

Choose the idea that speaks to you most, then work through each box below.

1. What does success look like?

2. What difference are you making?

3. Looking back, what steps might you have taken to get there?

4. Who might you have asked for advice, support, or encouragement?

PART 5 - STARTING FORWARD MOTION

Write down the first few steps you can take to get things moving.

You don't need to have it all figured out. You just need to take the next step.