



Anchoring your life calling

A powerful 5-minute exercise, which can dramatically transform your life direction.

Step 1: Close your eyes and ground yourself energetically with some long deep breaths. Feel the energy dropping down, down, further down, deep into the earth. Only when you feel peaceful and grounded should you begin.

Step 2: Read each numbered statement below (1 to 50). Close your eyes and breathe into the statement. If it resonates as **something, you absolutely came here to do**, immediately write down the corresponding number. Do not analyze or reconsider - just read the words and go with your first gut instinct.

Step 3: Now go back over the list and write out every statement whose number you chose (you may have just a few or quite a lot of statements).

Step 4: From your new written list, repeat step 2, reading the statement and this time circling **the five statements which most resonate with you**.

Step 5: Out of your top five, you will now **choose the one which most sings to your soul**. Do this by closing your eyes and connecting to your center. Your right brain and intuition will guide you and your role is to trust in your intuitive hit rather than try to analyze or solve with the left-brain.

Trust, surrender and choose now.

List of 50 areas of "life calling"

1. Writing Things
2. Inspiring Others
3. Healing Wounds
4. Opening Doors
5. Empowering Others
6. Advancing Ideas
7. Making things work
8. Making Connections
9. Seeing Possibilities
10. Helping Overcome Obstacles
11. Moving Through Space
12. Researching Things
13. Bringing Out Potential
14. Creating Trust
15. Designing Things
16. Solving Problems
17. Seeing the Big Picture
18. Investigating Things
19. Creating Things
20. Growing Things
21. Bringing Joy
22. Exploring the way
23. Breaking Molds
24. Composing Themes
25. Discovering resources
26. Facilitating Change
27. Starting Things
28. Building Things
29. Analyzing Information
30. Translating Things
31. Straightening Things Up
32. Building Relationships
33. Fixing Things
34. Resolving Disputes
35. Persuading people
35. Performing Events
36. Putting the Pieces Together
37. Instructing People
38. Processing Things
39. Managing Things
40. Shaping Environments
41. Creating Dialogue
42. Selling Intangibles
43. Getting Things Right
44. Bringing Humor
45. Expressing Self
46. Awakening Spirit
47. Transforming Situations
48. Doing the Numbers
49. Gaining participation
50. Organizing Things

My life calling

Carol Faculjak, CPCC
life insight coaching, LLC
carol@lifeinsightcoaching.com
www.lifeinsightcoaching.com
+44 (0) 131 4662055

Top calling	
Supporting cast	

Name _____

Date _____

What you have just identified is your main life calling along with a “supporting cast” of four other areas through which you will best express your unique self.

Calling does not specify the exact nature of the work or activity you will do; it speaks to a deeper truth, a deeper part of the self. Anchoring your life calling allows you to then become fully open to all of the possibilities for expressing it. You will begin to look at all opportunities and choices through the “lens” of your calling and you will know clearly if a path or choice honors this inner drive to express your unique self in the world

Further Reflections on Calling - by Julie Henderling:

Having run many workshops / teleclasses and residential retreats on this subject, I can tell you that it is truly exciting to see someone make this inner connection to what they came here to do. It always leads to an opening up of all sorts of possibilities!

I am also constantly amazed at the variety with which different callings manifest themselves. For example, I have seen a calling of Growing Things work for different people in many different walks of life. There are the obvious ones – nature, landscapes, gardening etc. – but I have also worked with business people, full time mothers and corporate team leaders who also have Growing Things as their main calling and express it in their own unique fields in a wonderful variety of ways. In this sense, calling is something deeper that arises from within - a need or drive we know as our intrinsic nature rather than a specific type of work or activity.

For example, I have worked with people who are all in the same careers, but each one with a completely different calling. I have worked with many coaches who appear to be doing the same work, but it is the calling that lies beneath the job title that is significant. One coach I know has a calling of Opening Doors and uses her entire life to create opportunities for others, as this is her inner gift. Another listed Empowering Others as his calling and his entire practice reflected this inner drive. Yet another connected to Getting Things Right as the calling. We can see that it is less about our line of work and more about connecting to that "deep psychological imperative" within our hearts and souls. When we do this, it transcends our work and overflows into all aspects of our life, imbuing it with meaning, direction and joy.

Here is an example of how I use this tool in my own life. My own personal calling is Bringing Joy. In my work as a healer and teacher this may not make obvious sense, but those who have attended training events and retreats with me will know why this is my main calling. People always comment on the "joy focus" and fun of these events and indeed even of LEAP itself, which has an orientation toward joy not usually found in healing processes. My supporting cast consists of Awakening Spirit, Healing Wounds, Inspiring Others and Exploring the Way. All of these are expressed and used one way or another in my work and more broadly in my life. Even the last one which may not seem to fit with the rest, has been expressed in the very evolution of LEAP, since this is such a cutting edge approach to healing and does require a bit of a pioneering spirit.

When you trust in and use this process as it is outlined above, your number one life calling will usually not change throughout your life. Your supporting cast may change at different stages of life, but I rarely see people change their number one calling - having connected to it deeply through this exercise. As we explore the meaning of each aspect of calling deep inside ourselves, we begin to find ways to express these in our work and our life. And that feels just wonderful!