****

**Champion for the World:**

**Using Your Talents and Expertise**

**to Make the World a Better Place**

**©Ana Tampanna, The Connecting Force**

Are you doing what you really want to do? Do you have serious concerns about how things are going in the world? This discovery sheet is a great tool for creating a new possibility.

These key questions will help you begin the discovery process for exploring what you have a passion for, what community segment you would like to impact, and how you can expand your network for creating this new possibility. This is the beginning for building a team you can trust, then expanding to a bigger team. It will also help you to discover what barriers are in your way and a plan for breakthroughs. Possibilities are really limitless.

**There are 6 Important Steps to Re-Inventing Yourself** around your calling as a unique contribution to others. The questions in this Champion Discovery Sheet are a valuable tool when it comes to the **First Step**. So dive in!

**Write out the answers, and really spend time thinking about each one.**

**Tip:** Do not “just answer” the questions. **Explore** those answers. Unless it is a list, write a paragraph. Or a page! Even three pages! Explain what you mean. Give examples, reasons, and descriptions. Just see what comes up as you write. You might notice that you have doubts, fears, or “reasons why you shouldn’t.” Write those down as well, on a separate page. Those are areas to target for breakthroughs.

**A pitfall to avoid:** Do **NOT** compare yourself to anyone else. You are unique. Your abilities, values and strengths are a combination unique to you and your background, and your perspective is yours alone.

**Step One: Champion for the World Discovery Sheet**

1. List your top 5 strengths. (A good resource for you in this process might be to assess our leadership strengths http://strengths.gallup.com/110242/About-Book.aspx)
2. We inherit talents and abilities through DNA, and we are imprinted as young children regarding values, such as work ethic, and creativity. What value, quality, or talent did you get from your mom? Your dad? (Or…another close relative or care giver?)
3. List the most satisfying moments in your career or volunteer work. It might be your work with a non-profit board, or representing a specific community segment.
4. When do you feel the most alive?
5. What are you deeply passionate about? A value, activity, or a specific accomplishment that you want to leverage for this specific community segment?
6. What organizations are vehicles for you to work through?
7. What policies need to be changed to achieve your vision?
8. Who or what has made the biggest impact in your own life?
9. When do you feel truly empowered, strong, and effective?
10. What would you like for your legacy to be at the end of your life?

These questions will help you in identifying your core values, the priceless nuggets of your leadership development, and area where you want to create a vision and legacy. Being a catalyst for change and a stand for specific people is an honor, and an extraordinary way to live.

**Doing what you love**, knowing you are increasing the quality of life for countless individuals and families, developing leadership in people around you…well, it just doesn’t get much better than that! I want you to have it all.

As you become more aware of your own sabotaging beliefs and thought patterns, invite your fear to come along for the ride, and treat your own faults and weaknesses with compassion,

You will create new ways of “being,” and become absolutely unstoppable. It’s an exciting journey! And it’s all possible!

Here are the stories of two women I have worked with, women who began with similar discovery questions then worked the 6 steps:

* Gayle Tuch, was a personal injury lawyer, with 2 children. She felt compulsive, out of balance, and tired. An environmental activist, she loved doing volunteer work to educate the community on environmental issues. Gayle discovered that her love for activism was the source of her passion. Today, Gayle has reinvented herself as an environmental lawyer, is planning the outline of her book, and serving on a national board. She is leveraging her love for activism while creating partnerships with other environmental lawyers and activists. Her new personal habits support her health and energy as she transformed her personal life.
* Audrey Fannin Muck is a multi-talented feminist. She dreamed of re-igniting the women’s movement and was asked to serve on the national board of NOW. Audrey wasn’t sure how to “jump in” as a new member of a board of that stature. She also wanted to create a film featuring early feminists in South Carolina, but felt scattered and disorganized. In our work together, Audrey developed abilities in organizing, focus, and delegating. She created a team to work on her film project while she travelled in France with her husband. She found her bearings on the national board and got awarded for her work on ERA task force for North Carolina. AND she launched the trailer of her film and enrolled in a course for filmmakers around funding. Audrey is now playing a much bigger game than before, facilitating a resolution session at the national NOW conference. Audrey just received an award for her work with the ERA task force, and the local chapter of NOW has quadrupled in size.

If there’s a gap between where you are now and where you want to be, take note. If you do not give yourself the opportunity to follow your heart and use your skills, expertise, and talents to make the world a better place, you are left feeling drained. You might be wondering, “What could I have achieved if only…?” Your heart aches for a segment of the community that you really want to help. Or maybe you were afraid to operate on a national level? What legacy do you want your children and grandchildren to be proud of? What would it be like to be at the end of your life left with these questions?

**Overall, there are 6 key steps to re-inventing yourself and living your life purpose.**

1. **Extensive self-awareness and assessment**
2. **Creating your vision and values for home and work**
3. **Learning new communication tools for difficult conversations**
4. **Building an expanded Network and deepening connections**
5. **Practicing extreme self-care consistantly**
6. **Develop a compassionate listening for other’s strengths, needs, and challenges**

Each of these steps has multiple parts. The important thing is that with this you are really diving deep into the first step with the 10 Key Questions. You are headed in the right direction. Top international leaders today, including Bill George of Medtronic (think pacemakers!) encourage leaders to focus hard on self-awareness. You are doing just exactly that.

What is it costing you NOT to identify and live your life purpose? What is at stake? Who desperately needs your expertise and insight? How can their generations to come be impacted?

 What if you really developed yourself, stood for making a difference for a segment of the population, and truly became a significant contributor? Who would you be as a person?

I’m excited you have downloaded this free gift. Take your time and let your dream unfold as you delight in what you discover about yourself. I will be encouraging you along in this process so **watch for some upcoming tips in your email.**

Finally, I’ve including some information on myself, and my own personal story. I have re-invented myself many times, from a performance artist featured on the first NBC reality TV show, to a corporate entertainer for conventions at Disney World, then marketing director for a non-profit, Adult Development Director for another non-profit, then professional speaker, author and now, coach. I over 30 years of extensive training and experience in the personal growth and training industry, but nothing compares to the personal development from my own family experiences, so I’ll share a little of my story.

**My story:**

In my early 30's, I married a handsome soldier and settled in for a "happily ever after" in Florida.  But did we ever have crises! I would even dream about alligators taking big bites out of me! In fact, in order to avoid complaining about overwhelming crises, I told my friends I was just “wrestling alligators.” They understood, and I even felt a little empowered.

 The "alligators" included:

* my husband suffering from 2 bouts of cancer at the same time our son was born;
* 3 stepsons, familiar with poverty, abuse, and alcoholism, who ended up incarcerated;
* my own two children who dealt with challenges such as ADD, ADHD, Asperger's, depression, and the world of being part of the LGBT community.

Still, I trained leaders, wrote a book, and developed a speaking career, then became trained and certified as a coach.

The stepsons, now in their 30’s and 40’s, became a calling for me. Instead of "writing them off," I decided to BECOME their real mother, loving them unconditionally and standing for them to find purpose, forgiveness, and inner peace no matter where they are.

The resulting journey has been deeply revealing, inspiring and trans-formative. One of the men is now studying religion in college and mentoring men in the prison. Another is sharing his personal, inner thoughts with another human being for the first time, and the third saved a life, then became the prison's basketball coach. They send me Mother's Day cards and thank me frequently for love and support.

I am convinced that women as leaders can fulfill on amazing possibilities. In my TEDX talk (**TEDXWomenWinstonSalem,)**  I demonstrated how **motherhood is actually a leadership bootcamp**! As a coach, I support women attorneys who are committed to being agents of change. I use my experience as a professional speaker and leadership coach to give them additional communication skills with the public, and greater satisfaction as they increase the effectiveness of their work teams. And I help them to dramatically expand their networks. If you decide at any time to work with me, I look forward to discovering your brilliance and standing for your success!