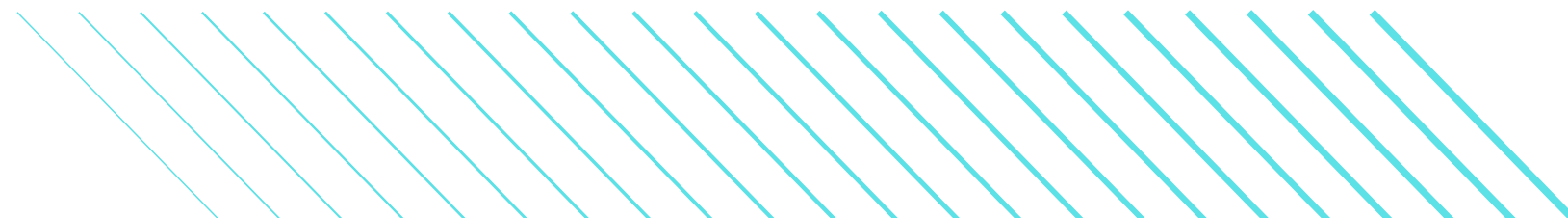
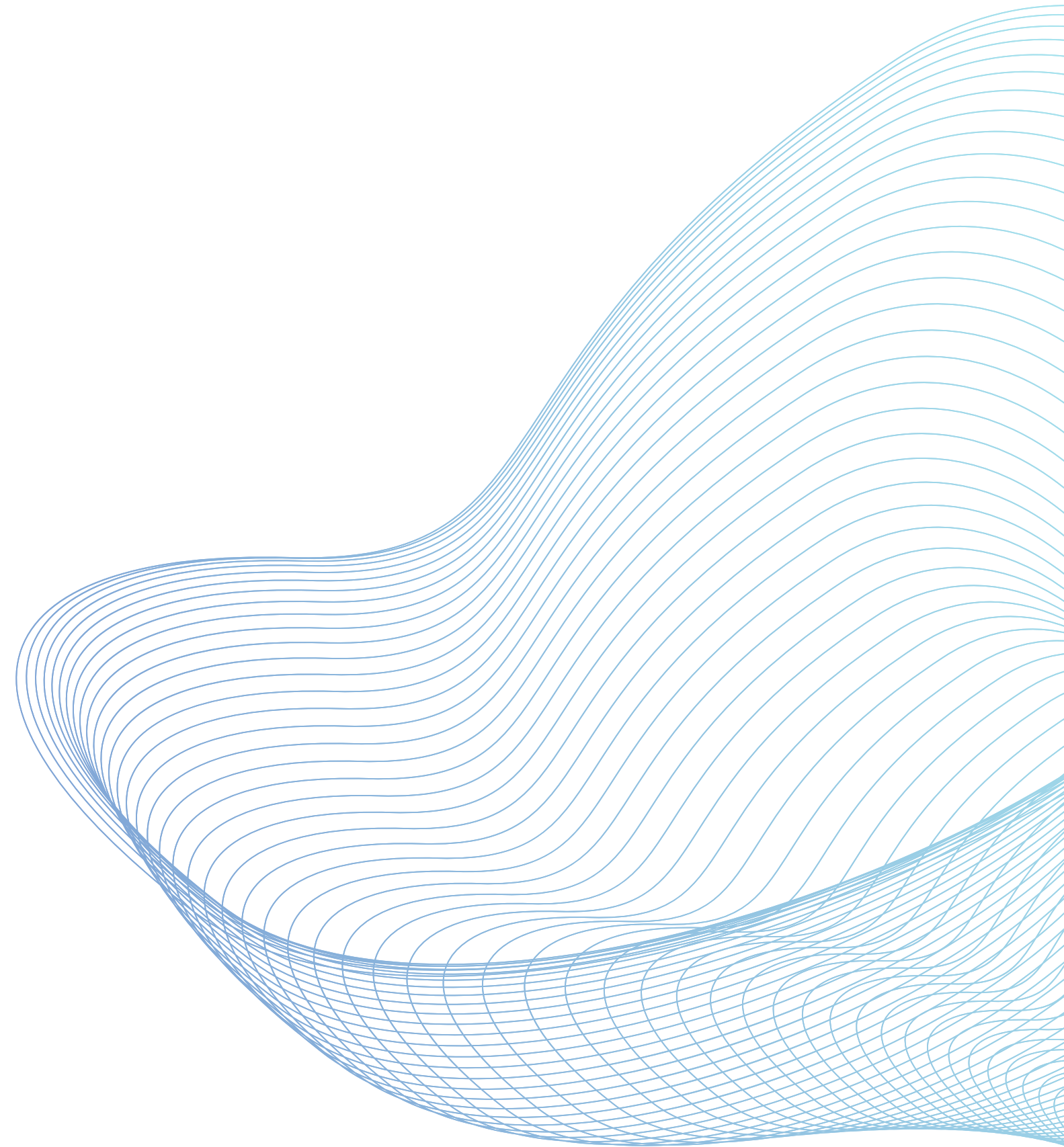




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UNWRAPPING THE GIFT OF THE UNEXPECTED

With Jillian Benfield



SETTING YOUR PERSONAL TRANSFORMATION INTO ACTION

In this part of the course, we will explore how we can set our personal transformation through loving someone with Down syndrome to purpose.

We will explore how our individual characteristics and specific passions can be put into action for a collective purpose.



GETTING TO KNOW YOU AGAIN

- What is your intrinsic motivation?
- How do you experience the world through your unique lens and personality?
- Tools to return to our cores selves:
- Myers Briggs
- My favorite- The Enneagram!



UNWRAPPING YOUR GIFTS

What are you really good at?

We all have a part to play.

- Administration
- Visionary
- Helper
- Communication
- Financial Planning
- Hospitality
- Team Leadership
- Teaching
- Systems Planning
- Data Analysis
- Critical Thinking
- Marketing
- Problem Solving
- Creativity
- Relationship building

DETERMINING WHICH AREAS OF ADVOCACY YOU ARE MOST PASSIONATE ABOUT

Questions to ask yourself:

- What issues break my heart?
- What issues make me angry?
- What do I really want to see change?

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AREAS OF ADVOCACY

- Caregiver care
- School inclusion
- Community inclusion
- Medical equity
- Job equity
- Higher education
- Policy change
- Caregiver education
- Local community building
- Transportation issues
- Church inclusion
- Inclusive advertising
- Respite
- Insurance issues

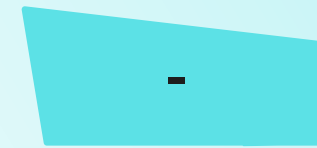
**BUT WHAT DO I DO WHEN
I HAVE MULTIPLE THINGS
I'M PASSIONATE ABOUT?**

**WHAT DO I DO WHEN I
HAVE MULTIPLE GIFTS
AND I'M NOT SURE
WHICH ONE I WANT TO
USE?**

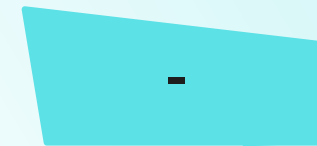


SAY YES!

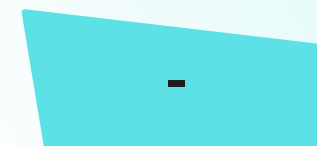
Sometimes we have to say yes in order to find which gifts and which passions rise to the top.



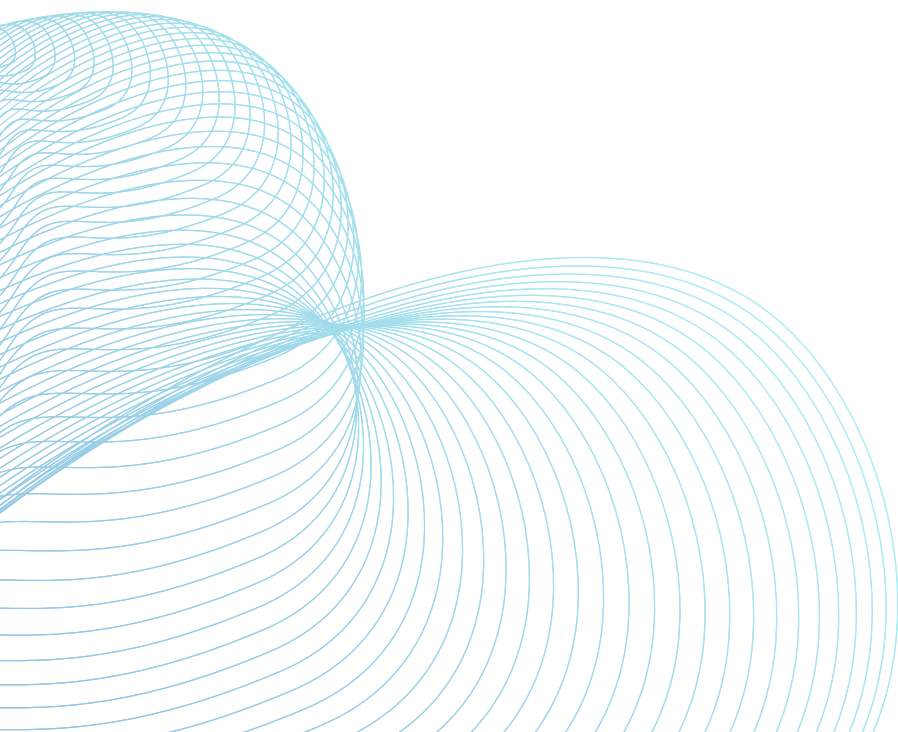
Say yes to multiple opportunities.



Say yes to multiple things that interest you



Example: Take classes offered, take different volunteer roles, offer to sit on boards



WHY SAY YES?

Saying yes can allow you to:

- Explore forgotten parts of yourself
- Help you determine your passion
- Build your social network
- Help you connect your core self and your transformed self



WHAT NOW?

Now that you have said yes to multiple opportunities, ask yourself this:

Question 1

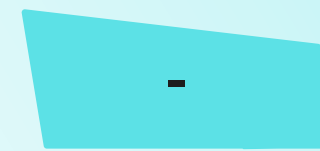
What do I want my life to look like in 5 years?

Question 2 and 3

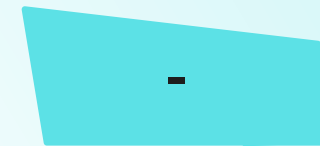
How do I want to be making an impact in 5 years?
Which gifts do I want to use the most?



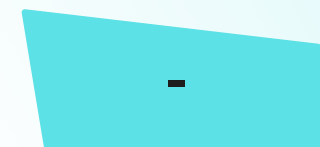
THEN...START SAYING NO



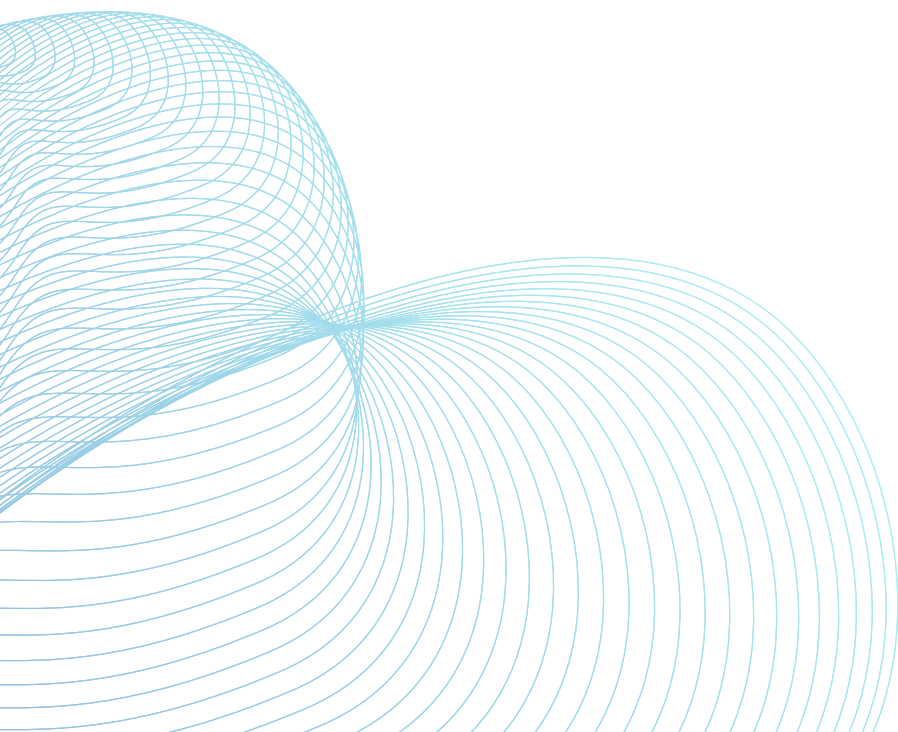
Start eliminating activities and opportunities you once said yes to begin narrowing your focus



Remember to ask yourself- does it fit with my 5-year goal?



Then pursue that one thing, or perhaps 2, that will help you make your dream become reality



THE PROCESS

Connecting yourself, your passion, and setting it to purpose

1

Process 01

Returning to your core self

2

Process 02

Determining your strongest area(s) of passion

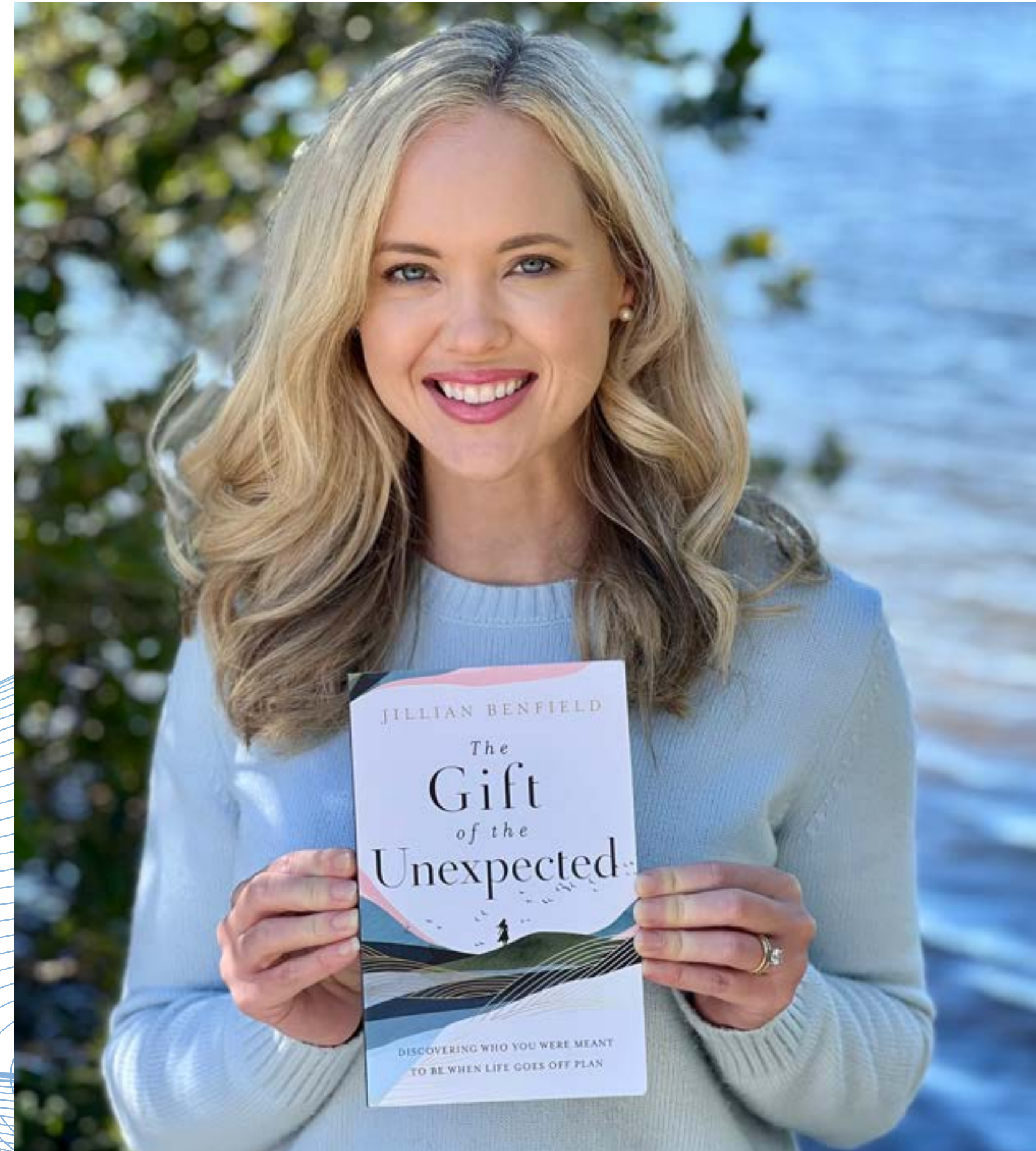
3

Process 03

Connecting your core self, your transformed self, begin living into your full self

REMEMBER THESE THINGS

- Nothing is wasted. The experience you gain along the way adds up.
- Don't leave too easily.
- The long way around is not necessarily the wrong way.
- -"You're doing a great work- don't come down." (Don't get distracted by opportunities that don't match your 5 and 10 year vision).



RESOURCES

- **Courses:**
- Partners in Policymaking
- Wrightslaw Bootcamp
- Illume Learning
- **Books and Podcasts**
- The Road Back to You by Ian Cron
- Discovering God's Will – a sermon by Andy Stanley:
https://www.youtube.com/watch?v=Dh9BCLdE_Vs
- The War on Art- podcast interview with Oprah or book: <https://www.oprah.com/own-podcasts/steven-pressfield-unlock-your-creative-genius>
- [The Next Right Thing](#) podcast with Emily P. Freeman
- [Spiritual Gifts Test](#):
<https://www.umcdiscipleship.org/spiritual-gifts-inventory/en>
- [Being Heumann](#) by Judith Heumann

MY RESOURCES

Go to my website,
www.JillianBenfield.com for
more resources!



MY BOOK-
THE GIFT OF THE
UNEXPECTED



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