



a leader's

life purpose

CALLING AND DESTINY DISCOVERY TOOLS FOR CHRISTIAN LIFE COACHING



WORKBOOK

TONY STOLTZFUS



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Published by Coach22
3101 Barberry Lane, Virginia Beach, VA 23453.
www.Coach22.com

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ISBN-10: 0-9794163-8-8
ISBN-13: 978-0-9794163-8-5

Cover Design by Mark Neubauer

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Self-Study Schedule and Exercise List

Use this schedule to study through the *Workbook* on your own or with a group. Each chapter is a lesson—you may want to try doing one or two a week. Simply read the chapter and then work through the one to three Core Exercises in the left column. The “Optional Exercises” column on the right offers additional discovery approaches (if you get stuck on a core exercise, try one of these), plus ways to go deeper and learn more in that area.

Lesson	Core Exercises	Optional Exercises	Pg.
Chapter 1-2		<i>1.1 Coaching Baseline Assessment</i>	10
	2.1: Jesus’ Teaching on Eternal Rewards		24
	2.2: Structuring for Eternal Rewards		25
Chapter 3-4		<i>3.1 Coaching Bible Studies (on-line)</i>	
	4.1: Allegiance Checkup		35
		<i>4.2: Needs, Losses and Bonds</i>	36
		<i>4.3: Clarifying Your Allegiance</i>	37
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	5.2: Strengths Examples (Worksheet)		45
		<i>5.3: Strengths Behind Successes</i>	46
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	5.5: Identifying Weaknesses		48
		<i>5.6: Strengths, Type and Energy</i>	49
Chapter 6	DiSC™ Personality Assessment (on-line)		
	6.1: Peer Validation		53
		<i>6.2: Type Night</i>	54
Chapter 7		<i>6.3: My Ideal Team</i>	55
	7.1: Passion Bull’s Eye		59
	7.2: Energy Activities		60
Chapter 8	8.1: Big Dreams/Fun Dreams Inventory		67
	8.2: Life Wheel Categories		69
		<i>8.3: Dream Lifestyle</i>	70
		<i>8.4: Envisioning Your Dream</i>	71
	8.5: Dream Themes		72
Chapter 9	9.1: Identifying Obstacles		77
		<i>9.2: Regrets</i>	78



Lesson	Core Exercises	Optional Exercises	Pg.
Chapter 10	10.1: Values Characteristics (Worksheet)		83
	10.2: Values Brain Dump		84
		<i>10.3: Values Word Choice</i>	85
	10.5: Values Clarification		86
	10.6: Writing Value Statements		87
		<i>10.7: Value Statement Examples</i>	89
		<i>10.8: Leadership Values</i>	90
	Chapter 11		<i>11.1: Preparation Principles</i>
11.2: Preparation Resume			98
		<i>11.3: Outside Preparation</i>	100
11.4: Internal Preparation Resume			102
		<i>11.5: Negative Preparation</i>	103
Chapter 12	12.1: Destiny Events (do for 3 events)		109
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	13.2 Revelation Journal		120
		<i>13.3: Family Calling Interview</i>	124
		<i>13.4: Lost in Translation</i>	125
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		<i>14.2: Life Messages in Action</i>	131
		<i>14.3: Confirming Life Messages</i>	132
	14.4: The Message of Your Life		133
		<i>14.5: Calling Through Suffering</i>	135
		<i>14.6: The Lifestyle of Your Call</i>	136
Chapter 15	15.1: Who Do You Love?		141
		<i>15.2: An Audience for My Message</i>	142
	15.3 Your Ultimate Impact		144
	15.4 Life Mission/Calling Task		145
Chapter 16	16.1: Influence Styles (Worksheet)		150
	16.2: Your Influence Style		151
		<i>16.3: Sphere of Influence</i>	152
	16.4: The 80/20 Job Description		153
Chapter 17	17.1: Life Purpose Statement Examples		157
	17.2: Life Purpose Summary		160
	17.3: Life Purpose/Calling Statement		161





Chapter 1: Introduction to Life Purpose

“When you start out on the journey you think it is all about taking in experiences to fulfill yourself. But it’s not. The greatest experience is changing someone else’s experience of life. And once you come to that realization, it becomes your foundation, the ace in your pocket, who you are... When you see the world through the lens of others, that’s when you find yourself.”

Andre Agassi, tennis champion, in *Sports Illustrated*

A committed young missionary came to me for help figuring out his life purpose. Over the weeks we’d been working together he’d poured out his heart to me. We talked about his dreams for starting a ministry center as well as the disappointment of losing his support, his relational challenges with other missionaries, the passion he had for reaching youth and the times he’d chafed under controlling leaders. “So,” I finally offered, “Let me sum up our conversation. I’m hearing that you really feel called to ministry; you just don’t want to get hurt anymore.”

“Yeah, that’s about it,” he replied.

After a moment’s reflection, I asked, “Think about Jesus’ life for a second. He was betrayed by one of His inner circle, abandoned by His best friends and tortured to death in the process of living out His life purpose. How will you become like Him if you never get hurt? And how will you ever really know Him if your life is nothing like His?” That rocked him back a bit.

We reflected together on the story of Jesus’ life, pondering how the fellowship of His sufferings is inextricably linked with the power of His resurrection. That



conversation transformed this young man's expectations about his vocation.

Most life purpose tools are designed to help you look at who you are, discover your wonderful design, deepest passions and innate abilities, and then pursue them. That can be a very profitable and exciting journey, as far as it goes. However, I don't think that kind of process would ever have led Jesus to His agonizing choice in the Garden, where He groaned, "If there is any way to get out of this awful death, that's what I want. But this isn't about me: I'm going to do what *you* want no matter what." Most life purpose tools simply cannot stretch far enough to fit a life like Jesus'. And if the way we do destiny discovery doesn't work with Jesus' life, then something is missing.

I believe that missing piece is "Calling": *an external commission from God for the sake of others*. Since it is an "external commission," it's found by revelation, not by looking inside. Since it is "for others," it leads us beyond a focus on fulfillment or happiness for ourselves, at least in this life. And it rests on the foundation of

*Calling is an External
Commission from God
for the sake of others.*

Allegiance: you answer a call from God because you have pledged your life to His service. The concepts of Calling and Allegiance give us a way to integrate biblical ideas like suffering and sacrifice into life purpose—ideas that are missing from most popular approaches.

As Christians, our purpose is woven into the fabric of God's plan for all of creation. Calling is what places us within the context of this larger story. So a balanced, biblical approach to destiny discovery looks in four directions:

- **Outward** at what God reveals *to* us (the external *Call*).
- **Inward** at what our *Design* reveals within us.
- **Backward** at how He has purposefully *Prepared* us through our life experiences.
- **Forward** at the dreams and *Passions* that draw us to our future destiny.

Walking through that kind of process is what this *Workbook* is about. These discovery tools will help you work through all four of these areas and end up with a set of values, a life mission, a life vision, an understanding of your personality type and strengths, and more.

How to Use this Book

You can go through this book on your own, with a peer partner (even better), or with a life coach (the best). Life coaches are trained destiny discovery experts—their encouragement, perspective and grasp of these tools will help you get the most out of this process.

A *Self-Study Schedule* is provided on pages 4-5 to guide you through the discovery process. Each week you read a chapter and then do the two or three core exercises (in the second column) for that area. If you do one section a week, the whole process



takes 15 weeks. Or you can do two a week and finish in eight weeks.

The exercises in the third column are optional: if one of the core exercises isn't working for you (or want to go deeper in that area), these provide additional options. All of the exercises reside at the end of the chapters, and are numbered *chapter.x*. So exercise 12.1 is at the end of chapter 12. If you'd like to create a baseline for yourself so you can look back at the end of the process and see how far you have come, take half an hour or so and do the *Baseline Assessment* (exercise 1.1).

Companion Volumes

There are two companion volumes to this *Workbook*. *A Leader's Life Purpose Handbook* is an in-depth guide to coaching others through the life purpose discovery process. It includes all the exercises in this *Workbook*, with added coaching tips, background information and completed examples. It also offers a wealth of coaching principles and techniques illustrated with dialogues and stories from real coaching situations—in total, about two-and-a-half times as much content as in this *Workbook*.

The second companion book is *The Calling Journey*, also by Tony Stoltzfus (due out in the fall of 2009). This book focuses on the developmental process of calling. Based on in-depth studies of biblical and contemporary leaders, *The Calling Journey* presents a five-stage model of calling development and shows you how to create a personal calling time line. Each stage has unique tasks and challenges, so understanding how God deals with leaders in a particular season can make a huge difference in whether you see your circumstances as Preparation or frustration. A shorter presentation of this material is available on the *Stages of Calling Development* CD from Coach22.com.

The Great Adventure

God has uniquely *Designed* you to display a special facet of His character in your being, and to put it into action through your doing. He has gifted you with unique *Passions* to motivate you to serve, provided a lifetime of *Preparation* experiences, and *Called* you to a life mission that provides real joy as a by-product of giving your life to His larger purposes. God has a great purpose for you. So take up the challenge to discover and live your unique destiny! Your greatest adventure is your greatest service to your King.

