

M. A.P.S to Happiness Exercise

Meaning And Pleasure +Strengths

Fill out the three columns. Then look for clues to your **Calling**. What areas overlap that give me meaning AND pleasure AND utilize my strengths?

MEANING

What activities feel important and aligned with my values, provide future benefits, feel meaningful and *deepen my Soul*?

PLEASURE

What activities give me the most pleasure ? What do I really enjoy?
What am I passionate about
What makes me feel most alive and makes my *Spirit soar*?

STRENGTHS

What am I really good at?
What do I do better than most? What activities put me *in the flow*?

Look for connections between the activities that utilize your unique strengths plus provide you with both immediate pleasure and long term meaning. If you would like a partner in the process of **Discovering or Deepening you're calling**, please contact me. It would be my honor to do so. michael@mcSOULutions.com 404. 246. 1036