

Story Analysis

Welcome to the exciting part of the adventure. No doubt, you have started to see similar themes running through your stories. We are going to try to pull out these themes further by looking at different parts of the stories.

Strengths

Strengths describe **how** you prefer to get things done. Your strengths are what you might refer to as your abilities. Your motivated abilities are the things you love to do, that you do naturally and almost without thinking.

Topics

Topics reflect **what** you like to work on, with, or through. These are the people and/or things to which you are naturally drawn in what you do. Topics can range from concrete objects to abstract ideas.

Optimal Conditions

Optimal conditions define **where** you are at your best (the ideal situation). There are certain factors that may trigger your motivation and other aspects that sustain you over time – all dimensions that make you highly motivated.

Relationship

Relationships describe **who** you work with when doing what you love to do. Specifically you will consider how you want supervisors or managers to relate to you and how you relate to others in doing what you do best.

Yes!

Yes! is the result that tells **why** you do what you do. It is the central thrust of your motivation, what you are aiming to accomplish, and the thing that gives you the greatest sense of satisfaction and fulfillment.

Masterpiece "Me" Worksheet

Name_____ Date_____ Email_____ Phone_____

From the stories you just told, take some time to find the repeating themes. Use elements from the S.T.O.R.Y. outline to give a more complete description. There are questions to help you think about the aspects of your stories

S: What are your **Strengths**? What are the action words (or verbs) that you use to describe what you did? **How** did you do what you did?

T: What is your **Topic**? What are the things (or nouns) that you work on, with or through? **What** did you use your strengths on?

O: What are your **Optimal conditions**? What is the environment in which you thrive? **Where** are you at your best?

R: What is your preferred **Relationship**? What is the role that fits you best? **How** do you relate to others?

Y: What is your **Yes!**? What was the most satisfying ultimate outcome? **Why** do you do what you do?

Masterpiece "Me"

Name _____ Date _____ Email _____ Phone _____

Now take themes that you found in the Masterpiece Worksheet to fill out the pieces of your Masterpiece "Me".

I would be in the center of my gifting where I could... (Strengths)

to work on, with, or through... (Topics)

where there is... (Optimal Conditions)

operating as... (Relationships)

to... (Yes!)

Example

I would be in the center of my gifting where I could create, design or organize **to work on** a system for information **where there is** a clear vision, with definable goals **operating as** an individual or with a team **to** meet a need or fix a problem.