

Designing the Difference You Want to Make World

Who Am I: Exploration Questions



identity

Childhood & Family

- My family was at its best when...
- My family was at its lowest when...
- Strong values I learned from my family include:
- Mistakes to avoid I learned from my family include:
- What were your dreams when you were a child? What were your dreams in high school?
- What dreams have you let go of and why?
- What dreams are still with you?

Adult Life

- What are your natural skills and gifts?
- What skills and abilities have you gained through work and volunteer experiences?
- What hobbies and activities give you energy and/or joy?
- What accomplishments are you most proud of?
- What are your passions or strong convictions?
- What issues evoke strong emotions (anger, frustration or sadness)?
- What causes are you interested in?
- What issues motivate you to give time or money?
- What are your current dreams?
- What things do you desire to do, but don't have time or resources?

Legacy

By the end of my life,

- I want to have achieved...
- I want to have taught my children or younger generations....
- I want to be remembered for

Summary

- My enduring values:
- My enduring dreams:
- My greatest strengths:
- My greatest passion:
- My current understanding of my purpose is...

My Impact Plan!



My purpose is

My unique gifts are....

Who I will Impact:

Inner circle (significant other, family, friends)

Community Circle (civic groups, religious organizations)

Professional Circle (work place, industry or other professional affiliations)

Causes important to me (examples: single mothers, immigrants, children with disabilities, homeless, etc.)

How will I impact the above groups? What is the difference I want to make?

Impact Summary Statement: My intention is to make a difference in [*person, target group and/or cause*] by doing [*role*] that results in [*desired impact*].

Next steps I will take:

Inspirational Quotes Re: Making a Difference

What you do makes a difference, and you have to decide what kind of difference you want to make.

Jane Goodall

Act as if what you do makes a difference. IT DOES. **William James**

Remember that the happiest people are not those getting more, but those giving more. **H. Jackson Brown Jr.**

The best way to find yourself is to lose yourself in the service of others. **Mahatma Gandhi**

Life's most persistent and urgent question is, What are you doing for others? **Martin Luther King, Jr.**

Unless someone like you cares a whole awful lot, nothing is going to get better. It's not. **Dr. Seuss**

I am a little pencil in the hand of a writing God who is sending a love letter to the world. **Mother Teresa**

At the end of the day it's not about what you have or even what you've accomplished... it's about who you've lifted up, who you've made better. It's about what you've given back. **Denzel Washington**

You give but little when you give of your possessions. It is when you give of yourself that you truly give. **Kahlil Gibran**

I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back. **Maya Angelou**

The true meaning of life is to plant trees under whose shade you do not expect to sit. **Nelson Henderson**

Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve. You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love. **Martin Luther King, Jr.**

Every time we liberate a woman, we liberate a man. **Margaret Mead**

We won't have a society if we destroy the environment. **Margaret Mead**

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has. **Margaret Mead**

Your talent is God's gift to you. What you do with it is your gift back to God. **Leo Buscaglia**

There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of the people you love. When you learn to tap this source, you will truly have defeated age. **Sophia Loren**

Turn your wounds into wisdom. **Oprah Winfrey**



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How to Make an Impact Board Using Canva

- Download the app to your device OR to use the Canva website (<https://www.canva.com/>)
- Sign up for a free account
- Your board can be composed of photos, quotes, images, words, etc. Whatever inspires you.
- Select Photo Collage (you will see other options such as Presentation, Flyer, Logo, Poster, etc)
- Along the left side, you will see options for pre-set templates. I prefer to use a blank. But browse and play with it to see what you like. To return to the blank template hit ctrl Z.
- Give your board a title by selecting Text, then Add a Heading. Position the text box to the place you prefer. You will have options for Heading, SubHeading and Body Text.
- To begin adding images, return to the menu on the far left side and select photos. Search using words to see a selection of photos that represent your message. The only requirement is that you select photos that inspire you. It's also helpful to select photos that will help you remember what they symbolize.
- Many of the photos are free, but some are considered premium and require the paid version.
- To have more free options, do a google search of your term and select images. Click on the photo. Then right click and select copy image. Go back to canva and select ctrl V to paste. Position and re-size the photo as you desire. You can also copy and paste from your personal photos into canva.
- Examples of terms I used to bring up photos: giving, volunteering, inspiration, children, support
- To select a background, instead of plain white, go to the menu on the far right and select "Bkground." You will be able to scroll through a variety of options. Once you see one you like, click it and it will be added to your design. If you change your mind, hit ctrl z. Again, many options are free, but some are premium.
- **Notes about Canva:**
 - o It automatically saves your design to the Canva site as you are making it.
 - o You can download your project onto your own drive when its completed, if you desire.
 - o The three dots at the top right on website version 
 - o or up arrow on app version  give options such as posting to social media, downloading to your own folders/devices, printing, emailing other others.
 - o There are many other features of Canva. The instructions above are to get you started.