



**Precious
Powerful
Passionate**

Precious Powerful Passionate





Our aims:



To understand and value ourselves better

To build confidence

To find out what we're passionate about and decide what to do about it

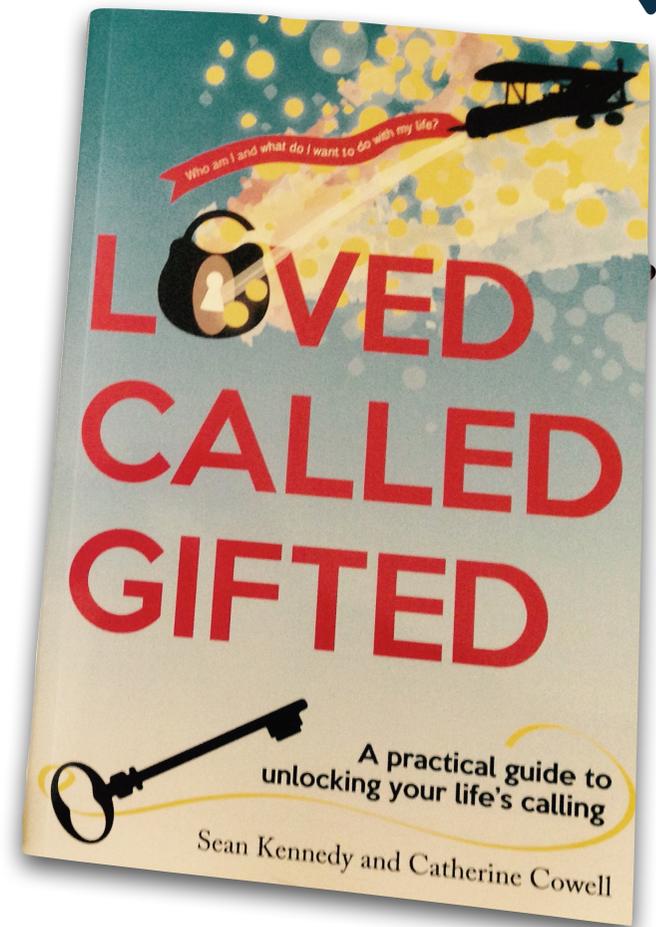
To explore further

Easy to read, accessible, personable, not intimidating, great quotes, well organised, well explained. Does what it says it does. I wish I had had this book when I first became a Christian. It would have made a big difference to my journey.'

Rev John Alessi, Vicar of St Pauls, Longton, Stoke-on-Trent

Can I have some more copies?
I want to give them to all my
friends.'

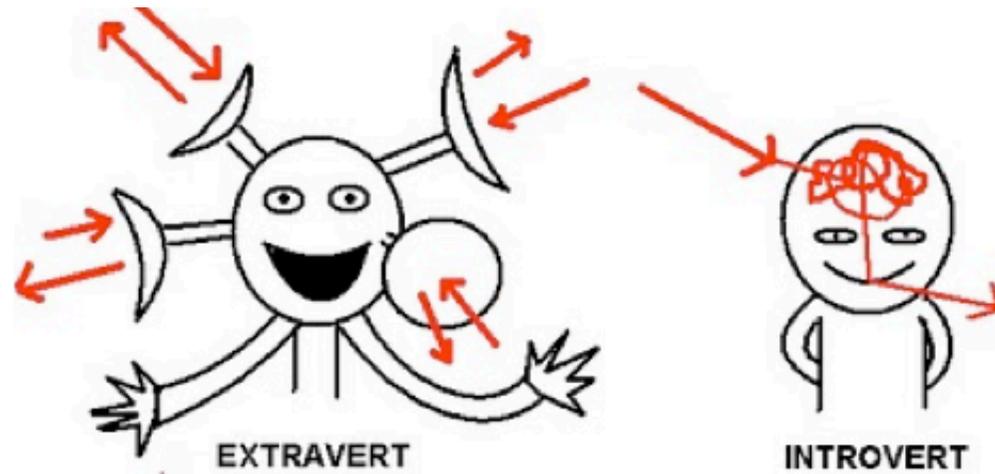
Caroline Markham, Church
Musician



Ground rules



Introvert or extravert?



There will be time to think and reflect by yourself, which will suit the introverts. And time to discuss and share and think aloud, which will really please the extraverts!



Precious

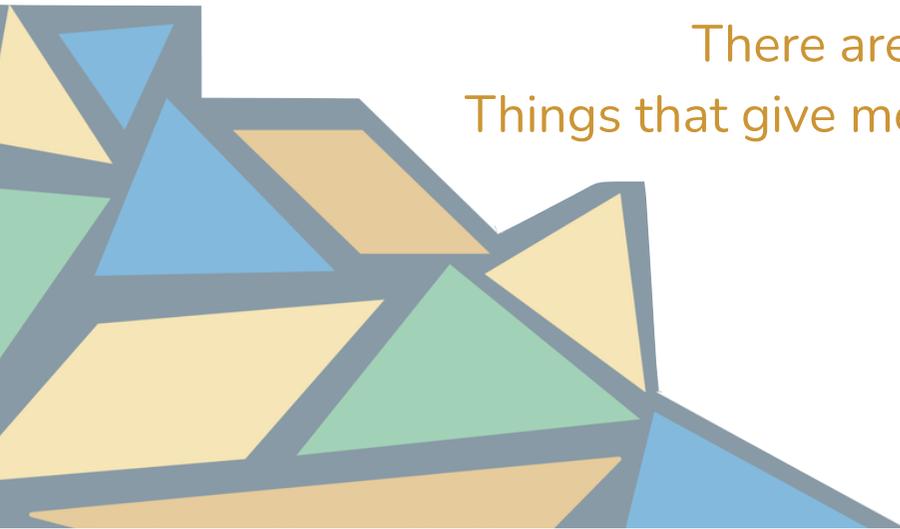
There is no one in the world quite like me

Powerful

I can decide how to live my life and I can make a difference

Passionate

There are things I care about.
Things that give me life, purpose, energy and joy.



Unique and Precious



What about you?



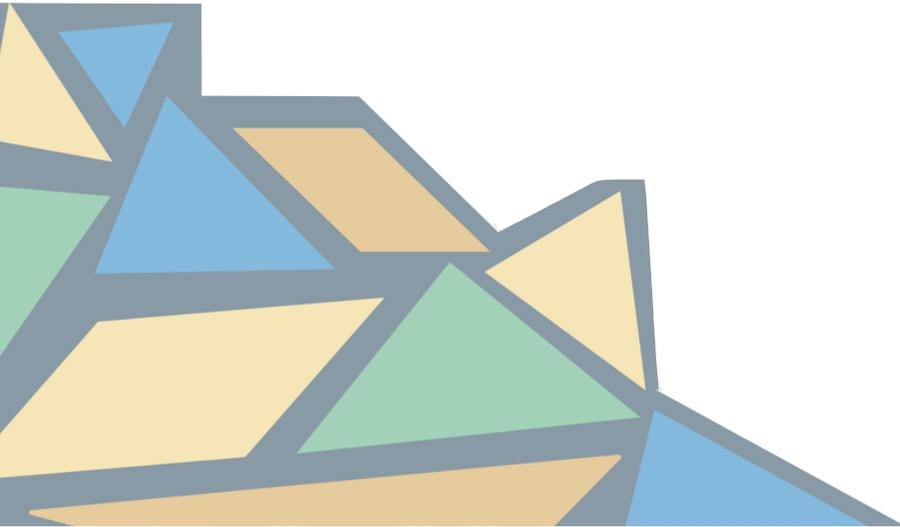
Think about these two questions. Place a cross on the line in the place that best reflects how you feel.

How easy do you find it to believe that each human being is precious and important?

Impossible Very easy

How easy do you find it to believe that you, personally, are precious and important?

Impossible Very easy



What about you?



Think about these two questions. Place a cross on the line in the place that best reflects how you feel.

How easy do you find it to believe that each human being is precious and important?

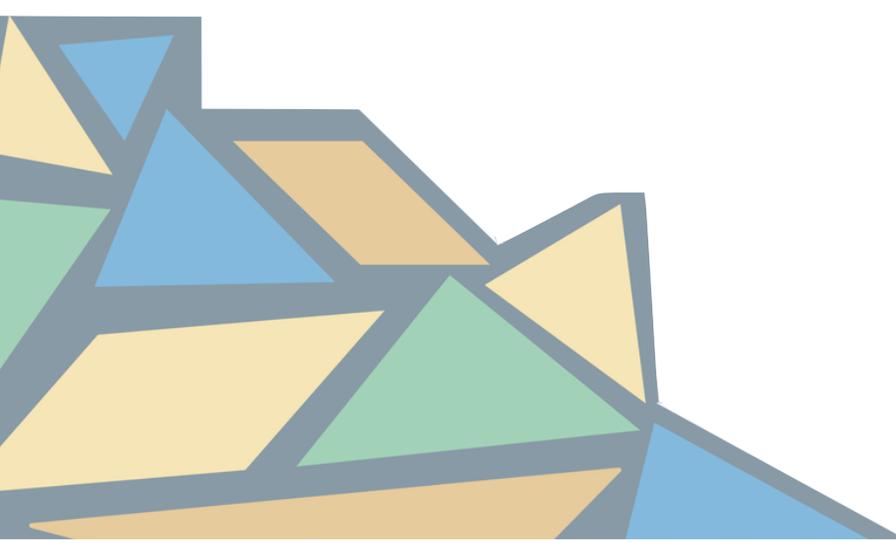
Impossible Very easy

X

How easy do you find it to believe that you, personally, are precious and important?

Impossible Very easy

X



Your inner voice



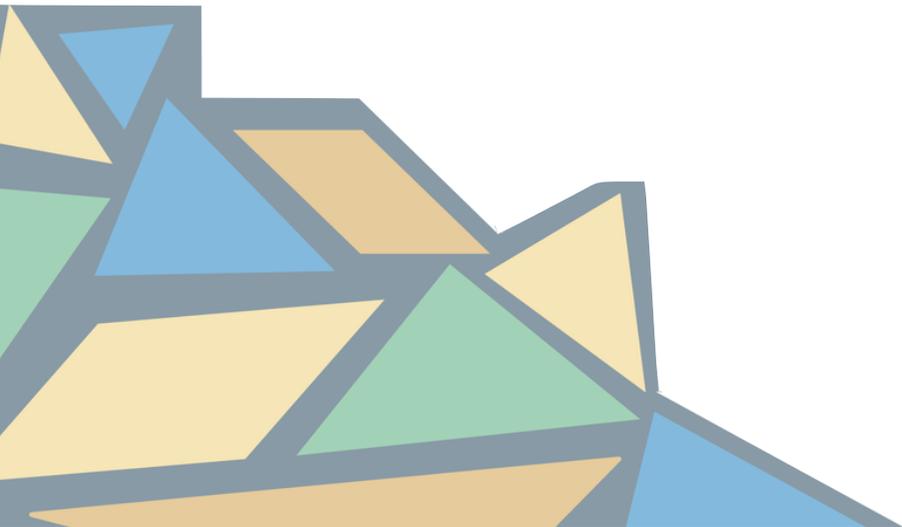
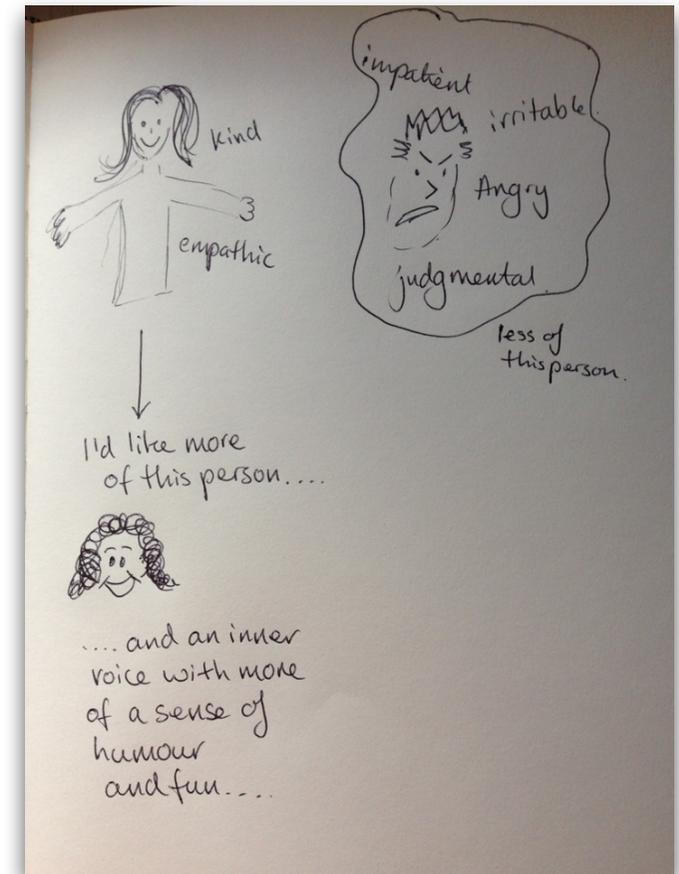
If the voice you use to talk to yourself in your head was a person, what would they look like?

Your inner voice



Draw the person who speaks in your head. There might be more than one.

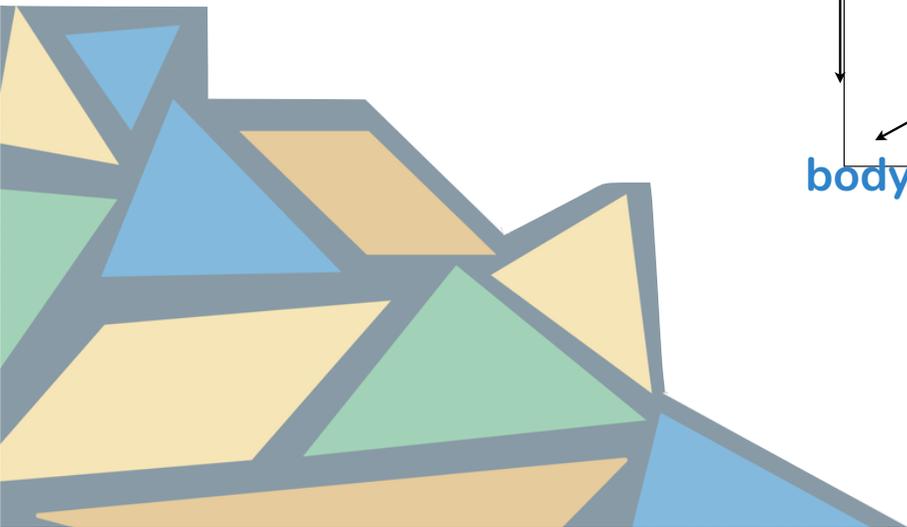
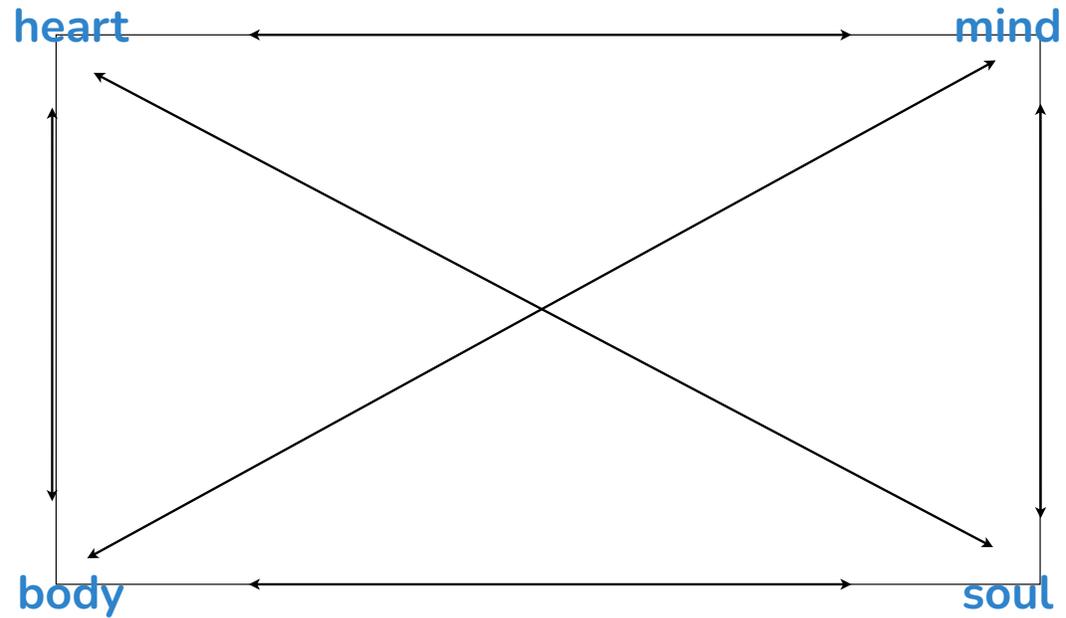
Then draw the person or people you would like instead.



Powerful



What happens to one part of us affects the rest

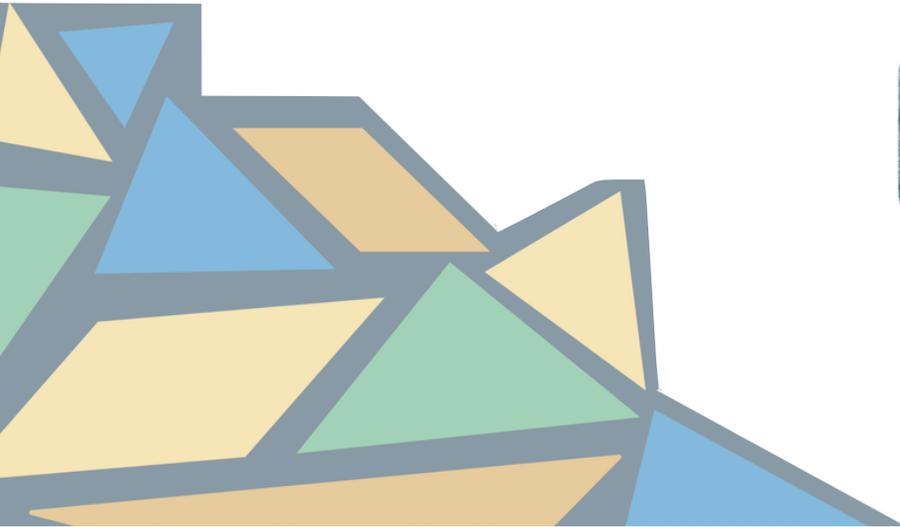


Questions for positive thinking and feeling



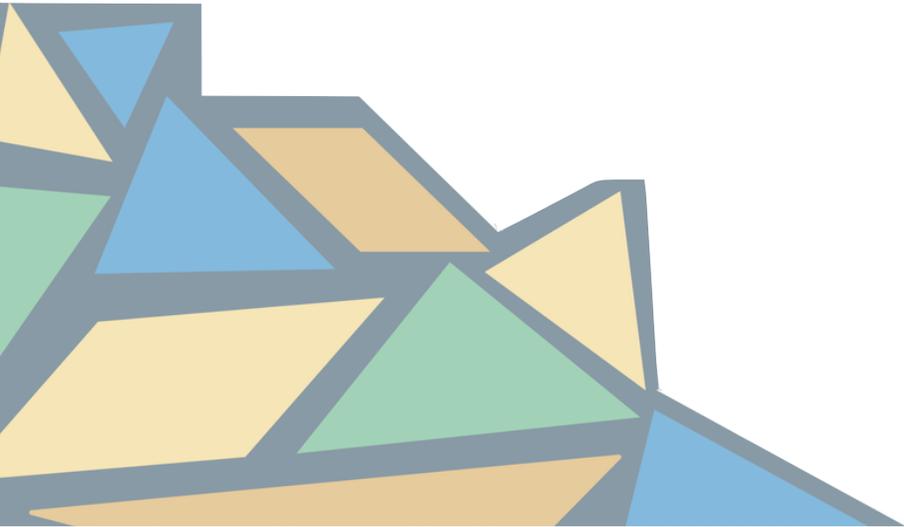
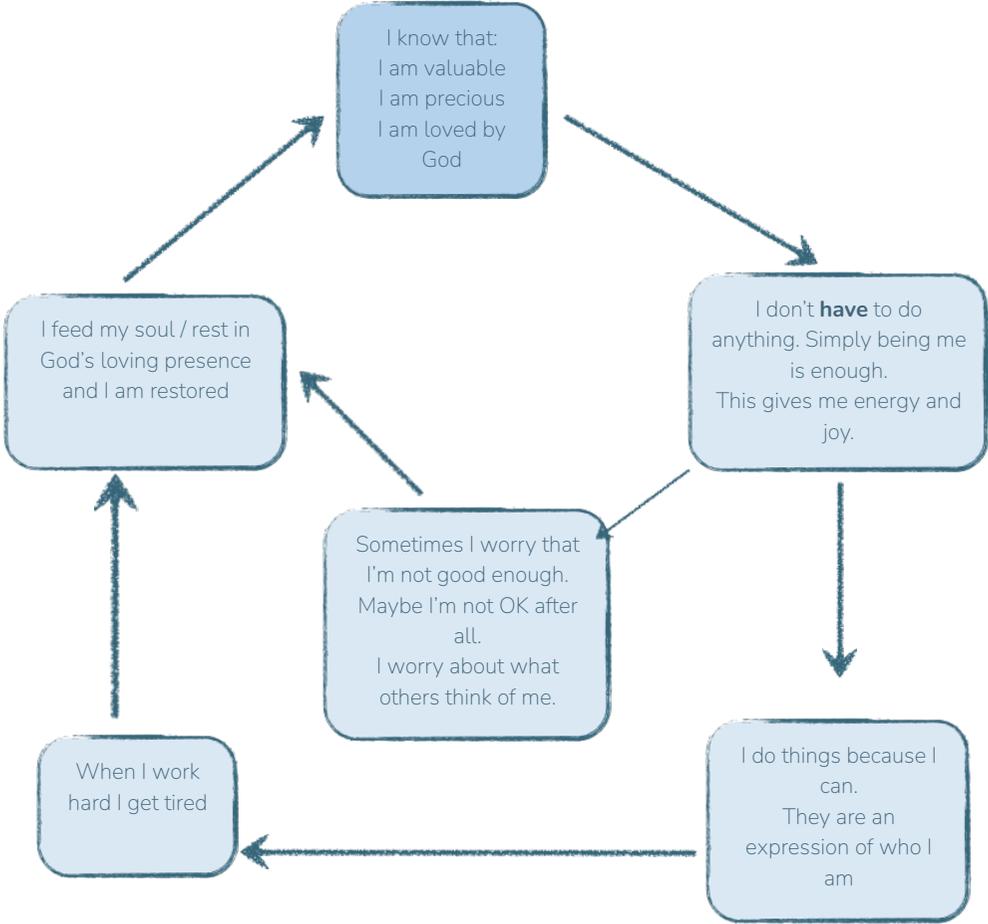
The cycle of doing

I am what I achieve



The cycle of being

I do because I can!



What feeds your soul?





Solitude



Company

Discipline



Routine, structure, engaging in the same spiritual practices at the same time each day.

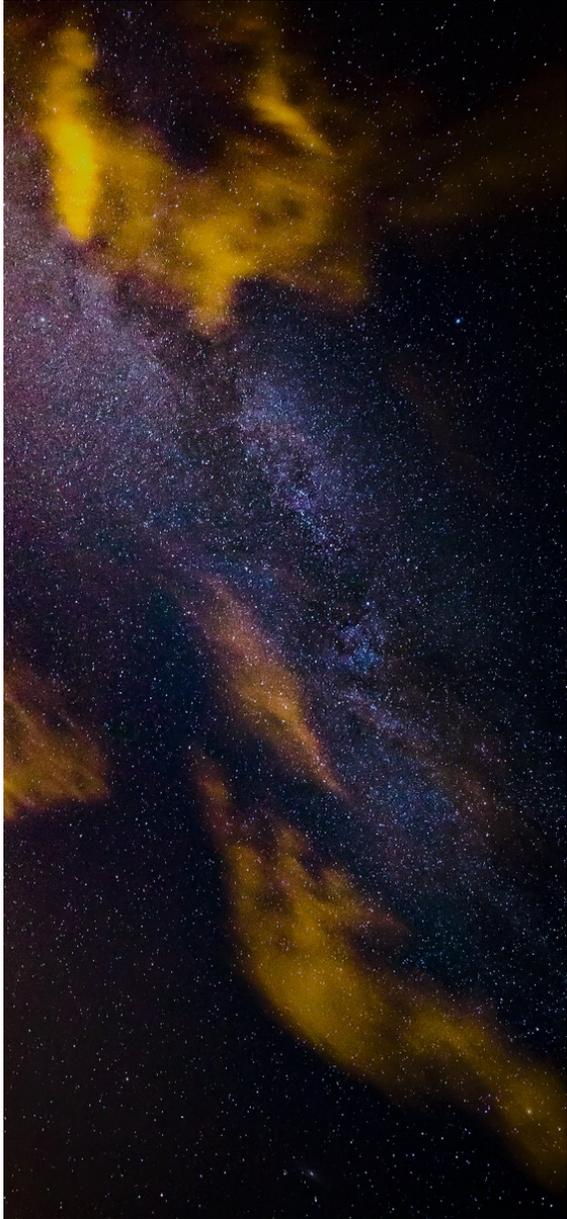


Spontaneity



Down to earth

Practical. Facts. Based in real life.



Wonder

Things that spark your imagination.
New ideas.
Possibilities.



Stormy weather

You find you grow most when life is hardest.
God seems closest when you're up against it.
If things aren't difficult, you look for a challenge.



Blue skies

You feel more spiritually
connected when life is going
well.
Comfort helps.



Beauty

Arts, creativity, excellent music, beautiful things



Nature



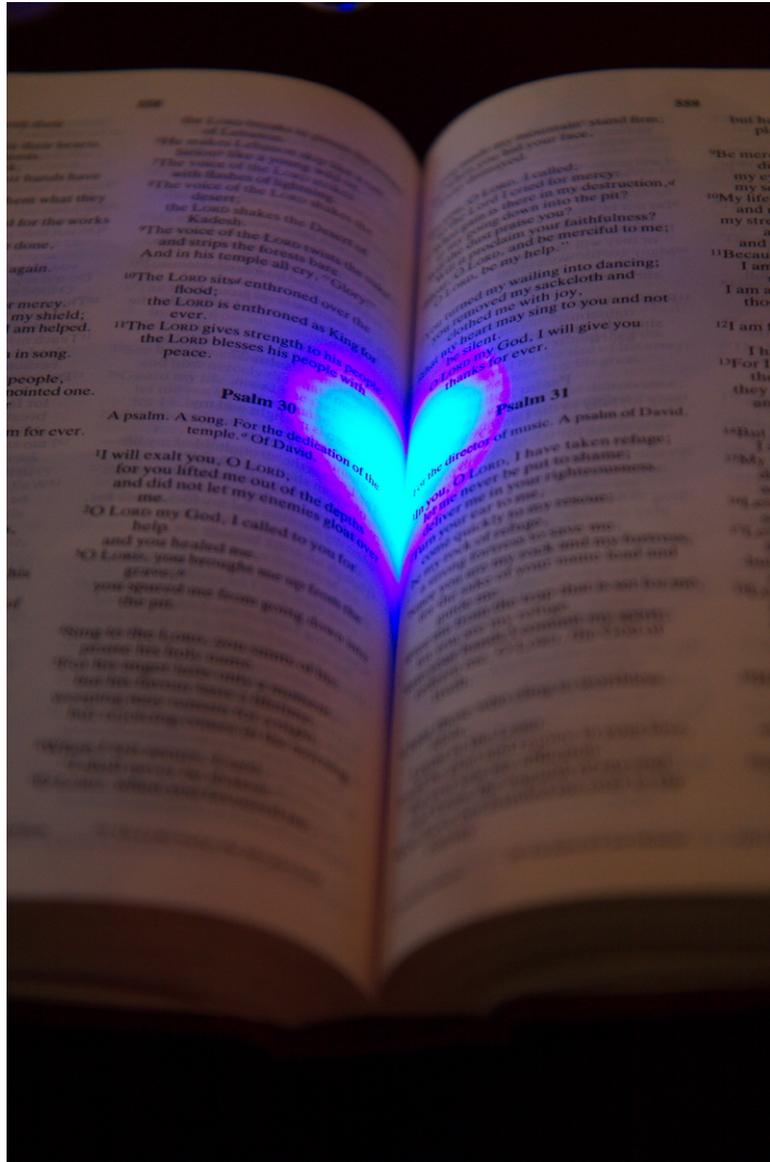
Service

Helping others in practical ways, revives your soul



Justice

You feel closer to God when you are fighting for a cause



Mind

Thinking and learning
makes you feel alive



Tradition

Ritual, ceremony, ancient traditions



Song and dance



Heart

Sensing God's love and expressing your love for God.

Experiencing emotional connection with your inner self and the universe we are part of.

Charismatic

Prophetic words and images, direct experiences of the divine, worship where you sense the presence of God





Monastic

Simplicity, poverty,
fasting, silence

What feeds your soul?



Taking care of yourself
Heart, mind, body and soul



Your life journey



Passionate



What gives you life?



What gives you life?



Think about the things that you do regularly. Do they leave you feeling drained, or energised?

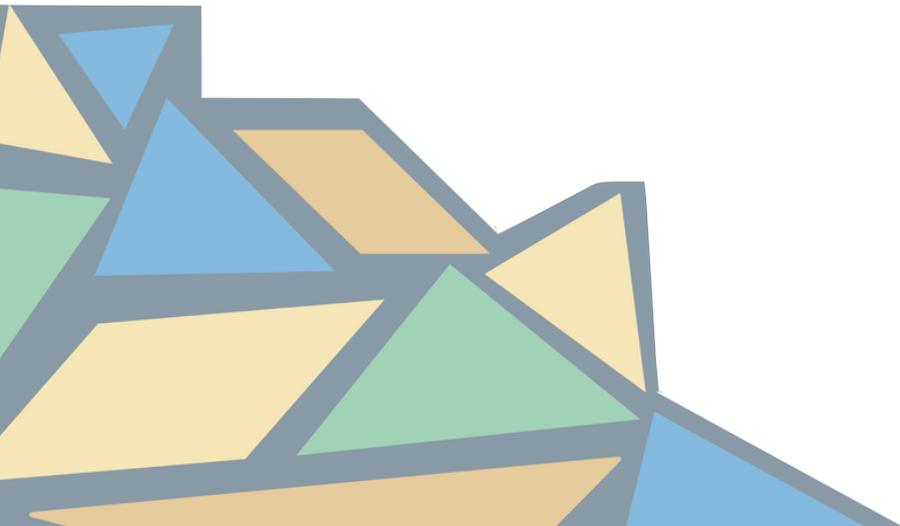
When you've made your list, have a look and see what it tells you about yourself.

Things that give me life and energy	Things that are neutral	Things that drain me
<p>least the ones talking them through</p> <p>Conversations about Jesus with people who want to know more</p> <p>Worship strategy</p> <p>Presenting and facilitating with groups</p> <p>Helping people think through difficult stuff</p> <p>Helping people understand themselves & their gifting</p> <p>Initiating new ventures - especially the planning & dreaming</p> <p>Writing Drama Learning</p>	<p>Reading</p> <p>cooking</p> <p>Emails</p> <p>Blogging/ Facebook</p> <p>Corporate coaching</p> <p>one to one</p> <p>Dealing with organisations</p>	<p>Admin & paperwork</p> <p>Remembering details & dates</p> <p>Anything slow & intricate</p> <p>Housework</p> <p>Budgeting</p> <p>Writing bids</p> <p>Clothes shopping</p> <p>Social chit-chat</p> <p>Anything repetitive</p> <p>Shopping</p> <p>Speech Therapy</p> <p>Marketing</p>

Handwritten notes on the left margin:
 Helping people understand complex ideas

Handwritten notes on the right margin:
 Dealing with organisations

Copyright © [illegible] and Sean Kennedy. Not to be reproduced without permission.



Just imagine





Your message to the world

It can be about
whatever you want

What makes you angry?



What do you love?



What has God already said to you?

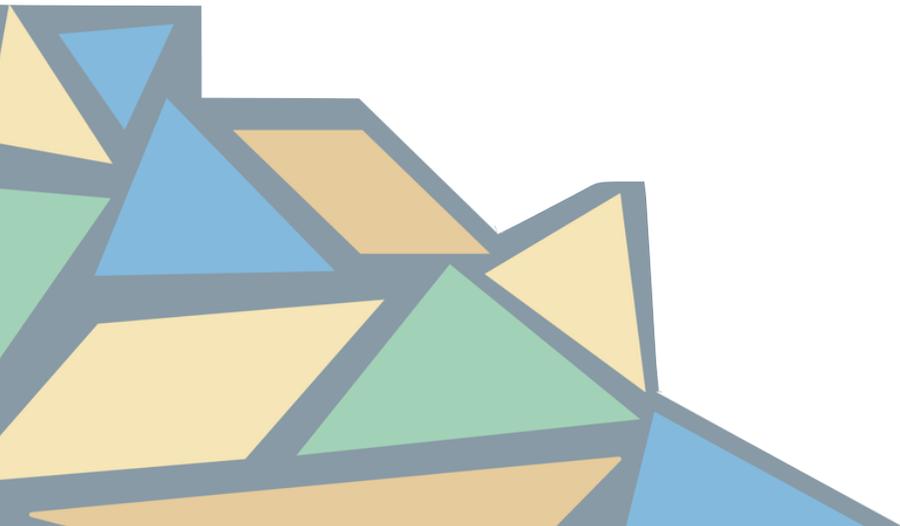
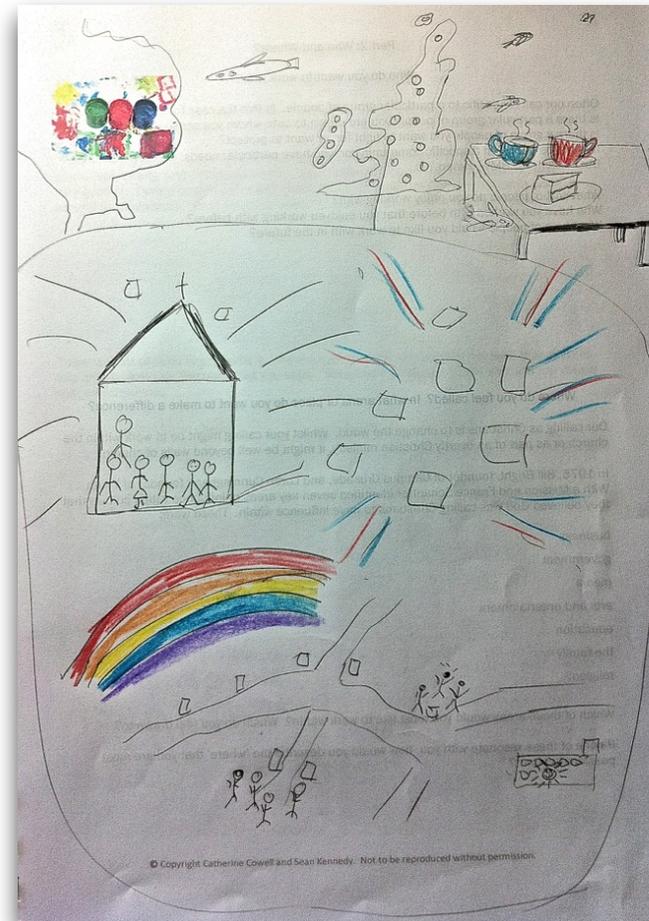


Draw your dreams

What would you do if you weren't afraid?

What if you knew you couldn't fail?

What if you knew you had the support of your friends and family?



Gifts and Abilities

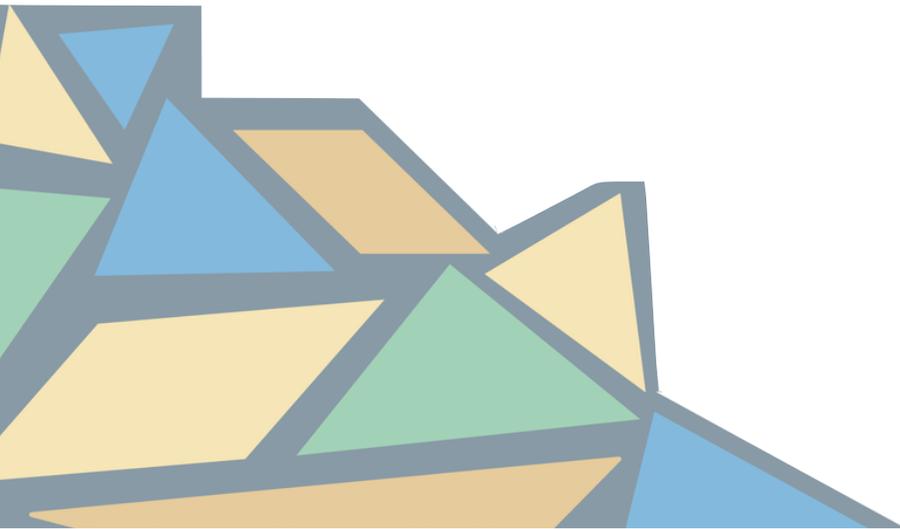
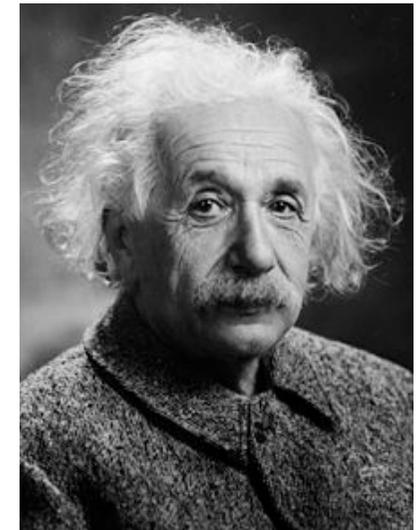


What kinds of intelligence do you have?



“Everybody is a genius. But if you judge a fish by its ability to climb a tree it will live its whole life believing it is stupid”

Albert Einstein





Bodily / kinaesthetic



Musical



Spatial



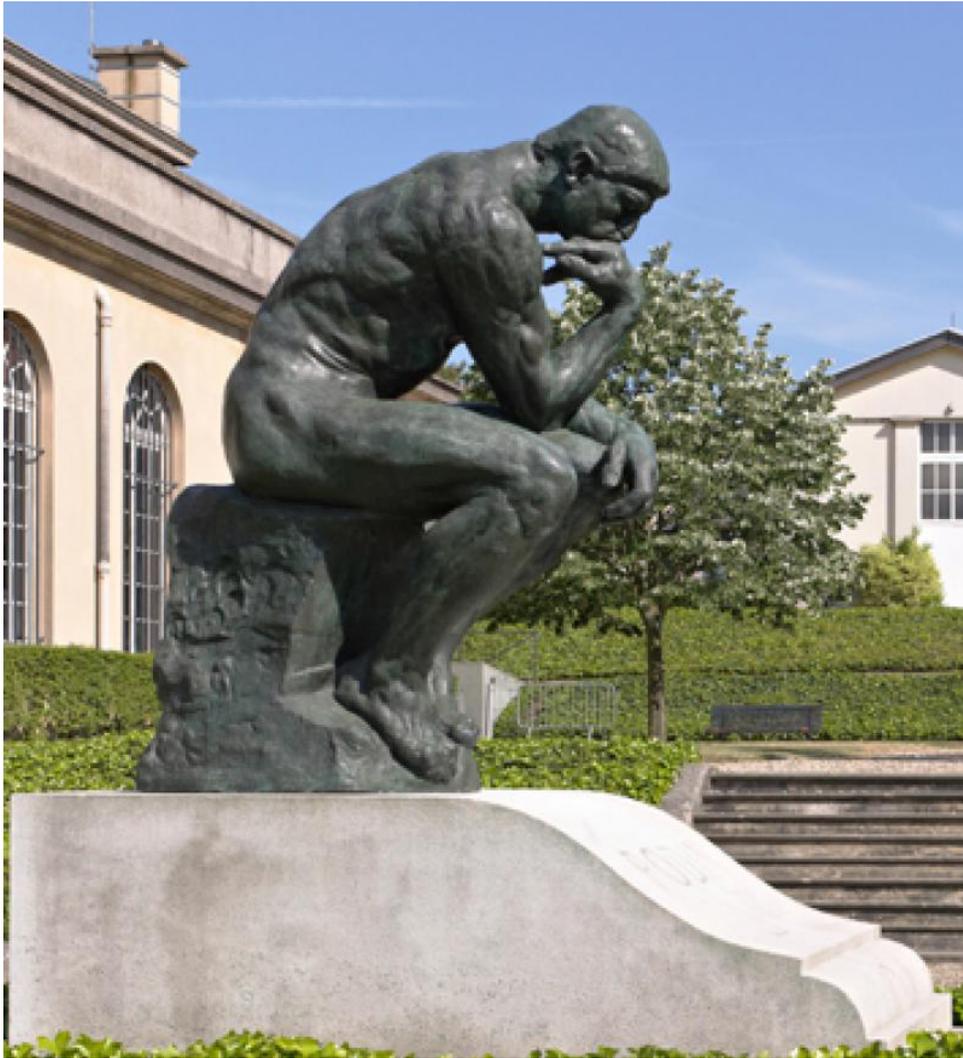
Interpersonal



Intrapersonal



Naturalistic



Existential

Putting it all together



What gets in our way?



What gets in our way?



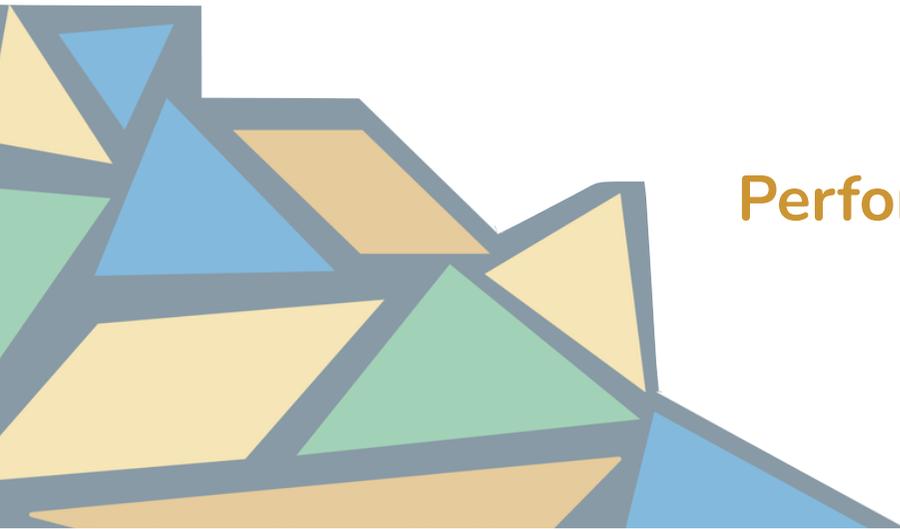
External interference

Circumstances, time, money, health...

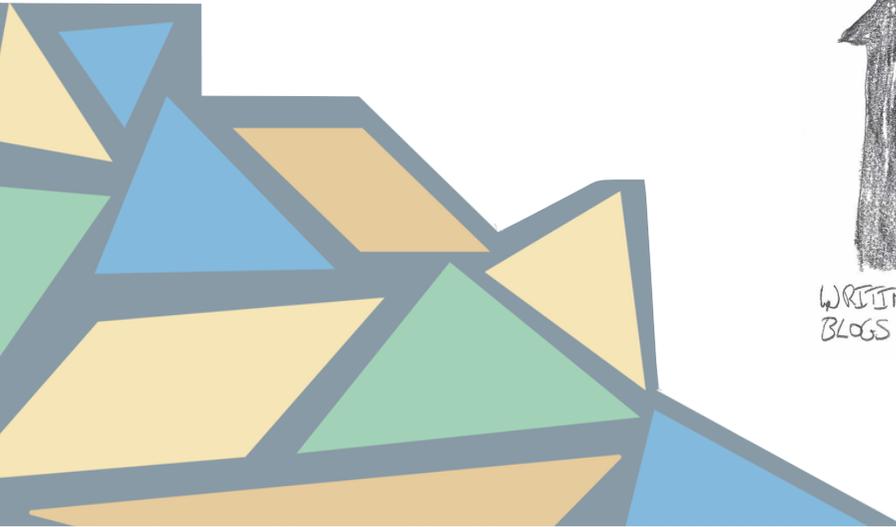
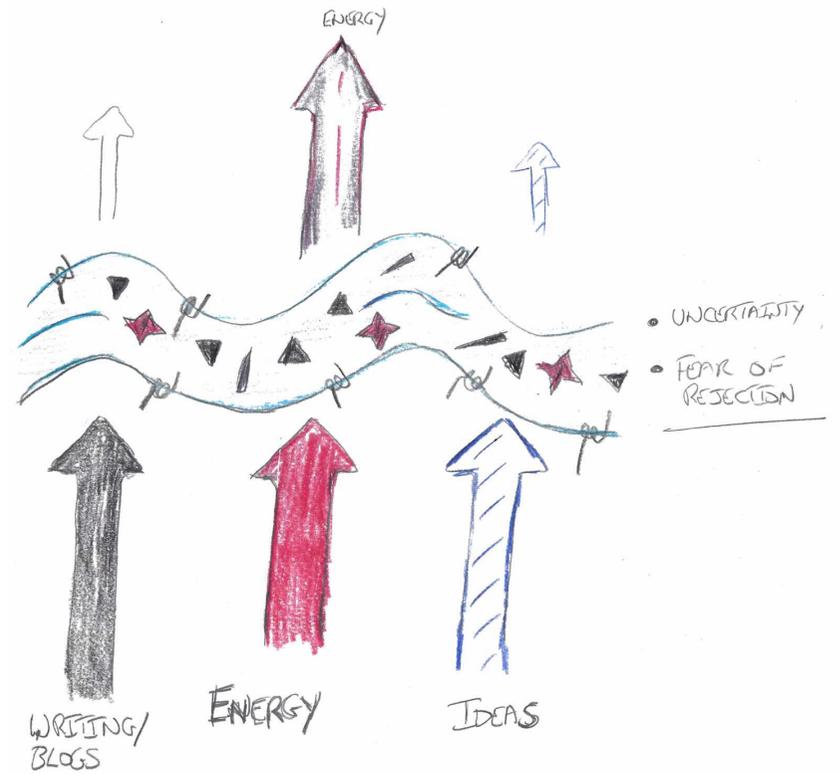
Internal interference

The things going on inside of us that hold us back.

Performance = Potential - Interference



Draw what's stopping you



The rucksack



The miracle



While you are asleep tonight a miracle occurs. All the difficult things that have been getting in your way are sorted out.

What would be different?



Reflection

What have you learnt about valuing and taking care of yourself?

What have you discovered about your life purpose and your next steps in life?



Partners, supporters and networks

Embracing our humanity

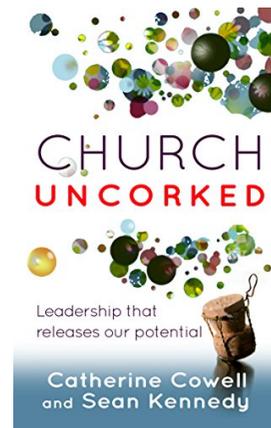
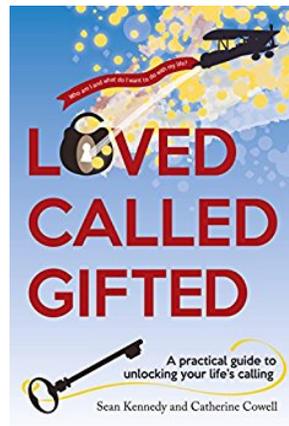


Planning your next steps



Exploring further...

If you would like to explore your own journey further, or learn about leading others in a way that helps them with their journey, you might be interested in these books by the authors of the course:



Exploring further...



Loved Called Gifted

Catherine Cowell hosts the Loved Called Gifted podcast, which explores themes connected with the *Precious, Powerful, Passionate* course and hears the stories of lots of interesting people. You can find it on your favourite podcasting platform.

You can find more information, resources and services at:
lovedcalledgifted.com



Images in this presentation have been purchased or used with permission and are not to be used for other purposes