



Claiming Your Contribution Toolkit

As you make your way through the *Claiming Your Contribution* webinar, capture the information here as you are directed to do so. This experience will be more valuable if you choose to view the webinar with someone else with whom you can engage and have rich conversation. The webinar link is found here: <http://www.screencast-o-matic.com/watch/cohh2JffR1>.

Use these questions to guide you when you are prompted by the tutorial:

- **Column 1:** *What are the 3-4 words that describe this strength?*
- **Column 2:** *Think of a specific activity when your performance and energy was high, and you felt engaged, inspired, and excited by what you were doing. What were you doing? How did each of your strengths show up? What did they contribute to the situation?*
- **Column 3:** *How are your strengths reflected in your patriarchal blessing? In your spiritual gifts? The admonitions made? The promises given?*

Strengths	Words that describe this strength	How this strength contributes in real life	How this strength connects to my patriarchal blessing
Strength # 1:			
Strength #2:			

Strengths	Words that describe this strength	How this strength contributes in real life	How this strength connects to my patriarchal blessing
Strength #3:			
Strength #4:			
Strength #5:			

Creating Your Contribution Statement

This tool helps you identify both your past and future contributions and impact, and design a statement which reflects the essence of your most powerful contribution to others. This tool serves as an anchor, drawing you upward with eyes toward the Savior, as you articulate the kind of difference you hope to make in others' lives, and how you want to be in using your strengths to make that difference. It involves three parts:

Discovery—Exploring Past Positive Contribution

This looks back at past effective contribution and identifies peak moments and their impact. It asks:

- *Think back through you past experience, when you had made a difference in some way, small or large. What did you do to make a difference? What was that difference? How did you do it?*

- *What strengths showed up? How did they show up?*

- *What was the impact on others?*

- *What was important to you about that?*

- *What results did it produce for you and others?*

Dream—Imagine Future Impact

Dream looks forward to desired future contribution and impact. Dream may include questions like these:

- *Imagine it is 20 years from now, and many people have come and gone from your life, deeply impacted by their time with you. What is different in their lives because they have crossed paths with you?*
- *What is the difference you have made in their lives? What did you do to make a difference? How did you do it?*
- *What is the impact you have had? What results did you create?*
- *What does that mean? What's important about that?*

Design—Your Contribution Statement

Design looks for connections between past positive contribution, and the imagined future potential bursting to come forth. It results in the formation of a simple statement, usually 1-4 sentences, which captures the essence of the contribution you see yourself bringing and the way that creates change for others. Your statement provides both an “*I am...*” statement describing your impact, as well as a statement describing the behaviors which lead to their ability to impact others (*I do...*).

These questions help you *design* your desired (possible) contribution:

- *What is similar about your past and desired contribution?*

- *What is the impact you see yourself having?*

- *How do you see yourself accomplishing that impact?*

- *What is the metaphor you would use to describe your contribution—“I am like... I do...”*

Sample Contribution Statements

Once you have found a metaphor that fits, you may want to find a picture that really represents what it is you want to be and how you want to show up in the word. You can add your contribution statement to the picture—and you will have a way to anchor yourself when deficit-thinking threatens to hold your talents hostage and interfere with your service to the Master. Here are some samples:

