

The Life Jar - Workshop

The theory of the Life Jar is simple. The Jar symbolizes your Life - what you put into it and what you leave out. Your inspiration, motivation, values, intentions, actions, and the resulting effects and outcomes are product suggested by rocks, stones/pebbles and sand. (See illustration at right)

Our tendency is to concentrate our energy in our actions and values (vis. stones), and/or our outcomes and results (sand) without the substance and foundation of inspiration and motivation (rocks), leading us to ask, "What's the Point?" In order to give substance and foundation to your Life Jar, it is necessary to "Know Your Why." When you know your "Why,"

(<https://www.startwithwhy.com/learnyourwhy>) you can then intentionally choose what make up the rocks in your Life Jar.

Two videos for your consideration:

Simon Sinek's TED Talk that explains "How Great Leaders Inspire Action," (including knowing your Why)

https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action

Michael Jr.'s "When you *know your 'why'* then your 'what' has more impact, because you're working towards your purpose."

<https://youtu.be/LZe5y2D60YU>



motivation

purpose

cause

belief

inspiration

How

process

what sets us apart

unique value

actions

What

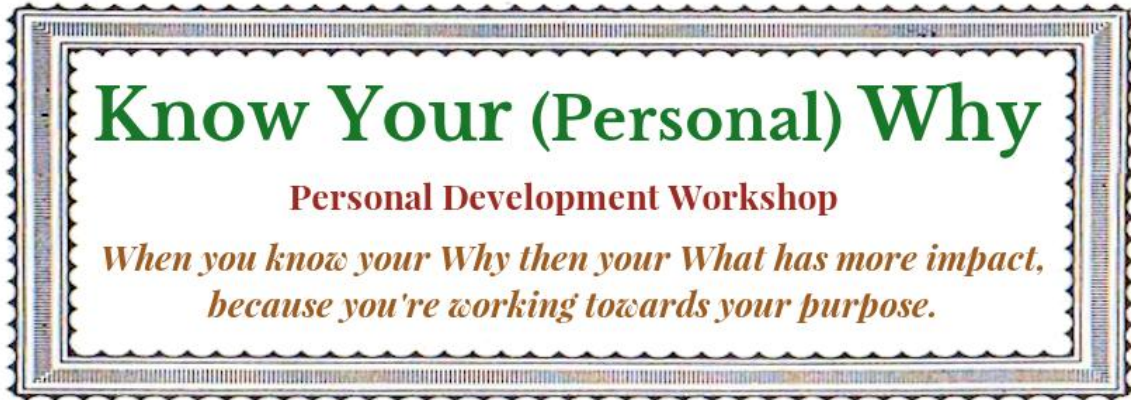
engage

product

services

resources

results



German Philosopher Fredrick Nietzsche said,
“He who has a why can endure any how.”

Your WHY is your purpose, cause, and beliefs that inspire and drive you to do what you do. Your WHY defines your contribution and impact on the lives of others.
“Remember, people don’t buy WHAT you do, they buy WHY you do it.” Simon Sinek

1. What makes you come alive, inspires you?

Why?

What do you do with it/them?

2. What makes your blood boil?

Why?

What do you do about it/them?

3. What drives you?

Why?

What do you do about it/them?

4. List five of your core values and then explain why.

5. List 5 of your belief statements (I believe that....) and explain the life events that caused you to arrive at those beliefs.

6. How do you continue to support or contribute to each of these beliefs?

7. What are you most afraid of?

Why?

What do you do about it/them?

8. What or Who do you trust?

Why?

9. Who had the most impact or influence on you?

Why?

What lessons or beliefs did they impart to you?

10. Was there any guidance that would have influenced your life positively that you wish someone had given you when you were a teen?

If you could share that advice with younger generations, what would you tell them?

How would you want it to change their lives?

11. What makes you feel worthy?

Why?

What do you do about it/them?

12. What makes you feel vulnerable?

Why?

How do you deal with it/them?

13. What are your key characteristics and how did you arrive at them?

14. How do you become centered? (prayer, journaling, nature, mediation, silence....)
What event(s) led you to these practices?

15. Who is the most important person in your life at this moment?

Why?

What are you currently doing to show the individual?

16. What impact would you like to have on other people's lives?

Why?

What are you doing to achieve this?

17. Using one word sentences, how do you want to be remembered?

Characteristics:

Achievements:

18. How are you different than you were 10 years ago, 20 years ago, etc. What life event or series of events led to this change in character?

19. Do you have a favorite motto or quote? Why?

20. Describe your childhood in 10 words or less.

21. Describe your teen years in 10 words or less (Etc... Your 20's, 30's)

22. Do you feel that there is a rhythm or cycle where life events are repeated? Do you notice a pattern? If so, what was the pebble in the pond?

Action Verbs

Choose **three action verbs** that most appeal to you. Choose verbs that call to you and resonate with how you make a difference in this world.

Accelerate	Demonstrate	Implement	Prioritize
Accomplish	Design	Improve	Promote
Achieve	Develop	Incorporate	Protect
Act	Diagnose	Increase	Provide
Activate	Direct	Influence	Raise
Administer	Discover	Inform	Reach
Advance	Dream	Innovate	Realize
Advertise	Drive	Inspire	Reason
Advise	Educate	Integrate	Recruit
Advocate	Eliminate	Invent	Research
Affirm	Encourage	Join	Resolve
Aid	Enforce	Lead	Respect
Amplify	Engineer	Learn	Save
Analyze	Enhance	Lift	Search
Appraise	Enlighten	Listen	Serve
Approve	Enlist	Love	Simplify
Arbitrate	Ensure	Manage	Solve
Assemble	Entertain	Manifest	Streamline
Assess	Establish	Market	Strengthen
Assist	Evaluate	Maximize	Summon
Balance	Examine	Measure	Surpass
Boost	Execute	Mediate	Target
Brighten	Expand	Merge	Touch
Build	Explore	Mobilize	Train
Clarify	Express	Motivate	Transform
Coach	Facilitate	Negotiate	Translate
Communicate	Forecast	Nurture	Travel
Compose	Formulate	Open	Uncover
Connect	Foster	Orchestrate	Unify
Construct	Fulfill	Organize	Unite
Convey	Gather	Overcome	Validate
Convince	Generate	Perform	Verbalize
Counsel	Guide	Persuade	Verify
Create	Help	Photograph	Worship
Cultivate	Identify	Praise	Write
Defend	Illuminate	Present	
Define	Illustrate	Prevent	
Deliver	Imagine	Print	

This workbook was developed by Pastor Lena Mark and Melissa French, from Peterborough United Methodist Church www.peterboroughumc.org

Sources include:

27 Questions to Ignite Your Spark from [Live Your Legend](#) (must subscribe)

Discovering Why from [Whytelligence](#)

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