

LIVE YOUR JAM



I'm Ellen. My Jam is to help others lead a more fulfilling life. I'm passionate about living a life that's fulfilled and inspired. My unique skills are that I'm an expert at helping others get to the core of issues and guide them to make positive shifts. My special sauce is my humor and practicality. I discovered my Jam almost 15 years ago. Now, I'm on a mission to help you Discover and Live Your Jam. Once you discover what your passions and skills are - you can put them into action and Live Your Jam. We all want to spend our time making an impact. This tool will help you live a Jam-filled life.

LIVE YOUR JAM SELF-ASSESSMENT
A TOOL TO HELP YOU DISCOVER AND LIVE YOUR JAM

Examine the following questions sets and fill out your answers.

STRENGTHS

List five things you do really well.

What do you do that when you are doing it you feel amazing, alert and alive?

What types of things do people usually seek your input for?

What skills and activities have accounted for your greatest successes to date?

PASSION

What gets you really excited?

What are you doing, when you've been at your best?

What you do that comes easy, like you're not even trying, that other people think is a miracle.

What inspiration, idea, or vision keeps coming to you?

DISCOVER YOUR JAM

Review your passion and skills answers. Synthesize and list your top 5 Passion and Skill areas.

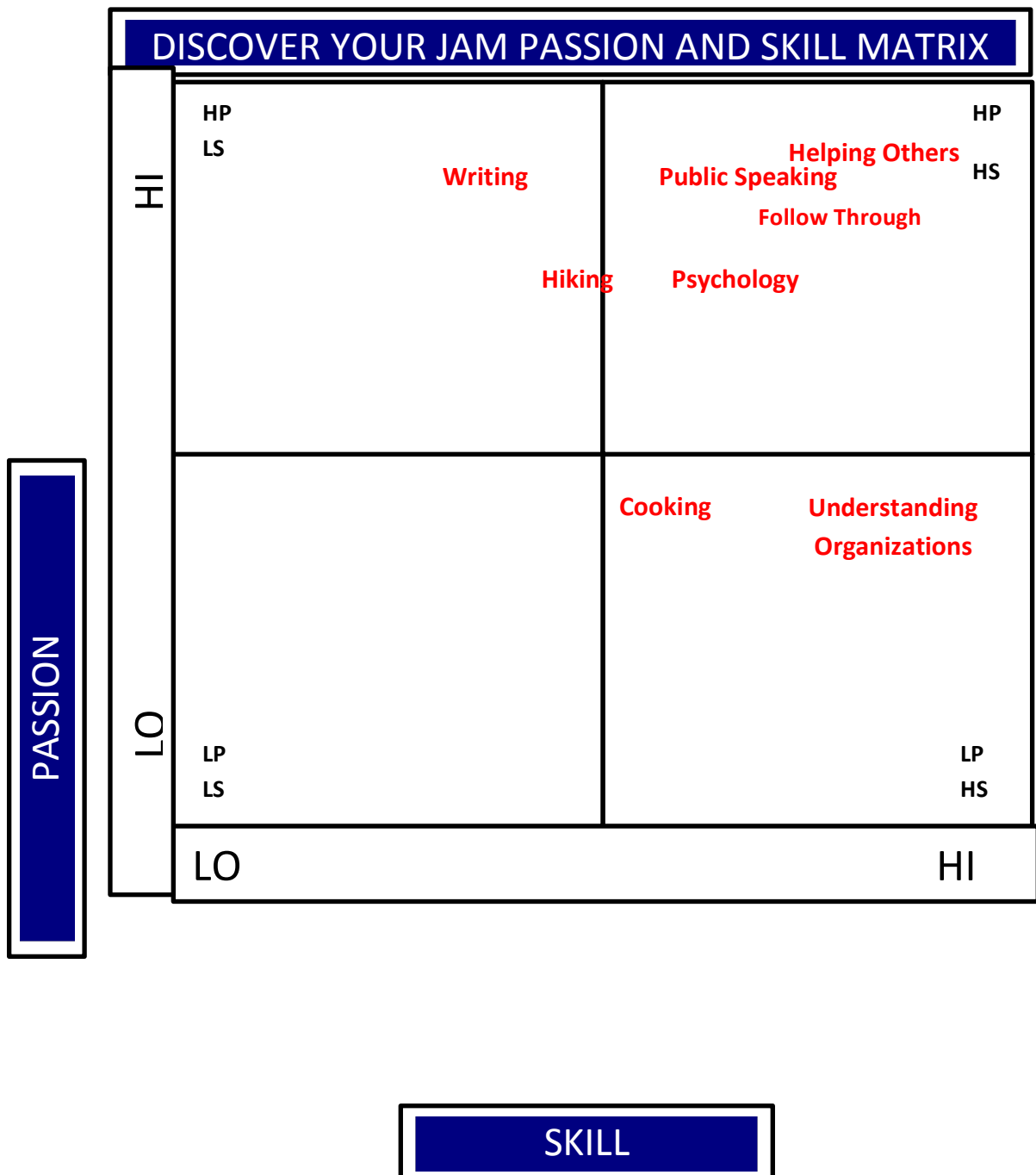
TOP 5 PASSION AREAS

TOP 5 SKILL AREAS

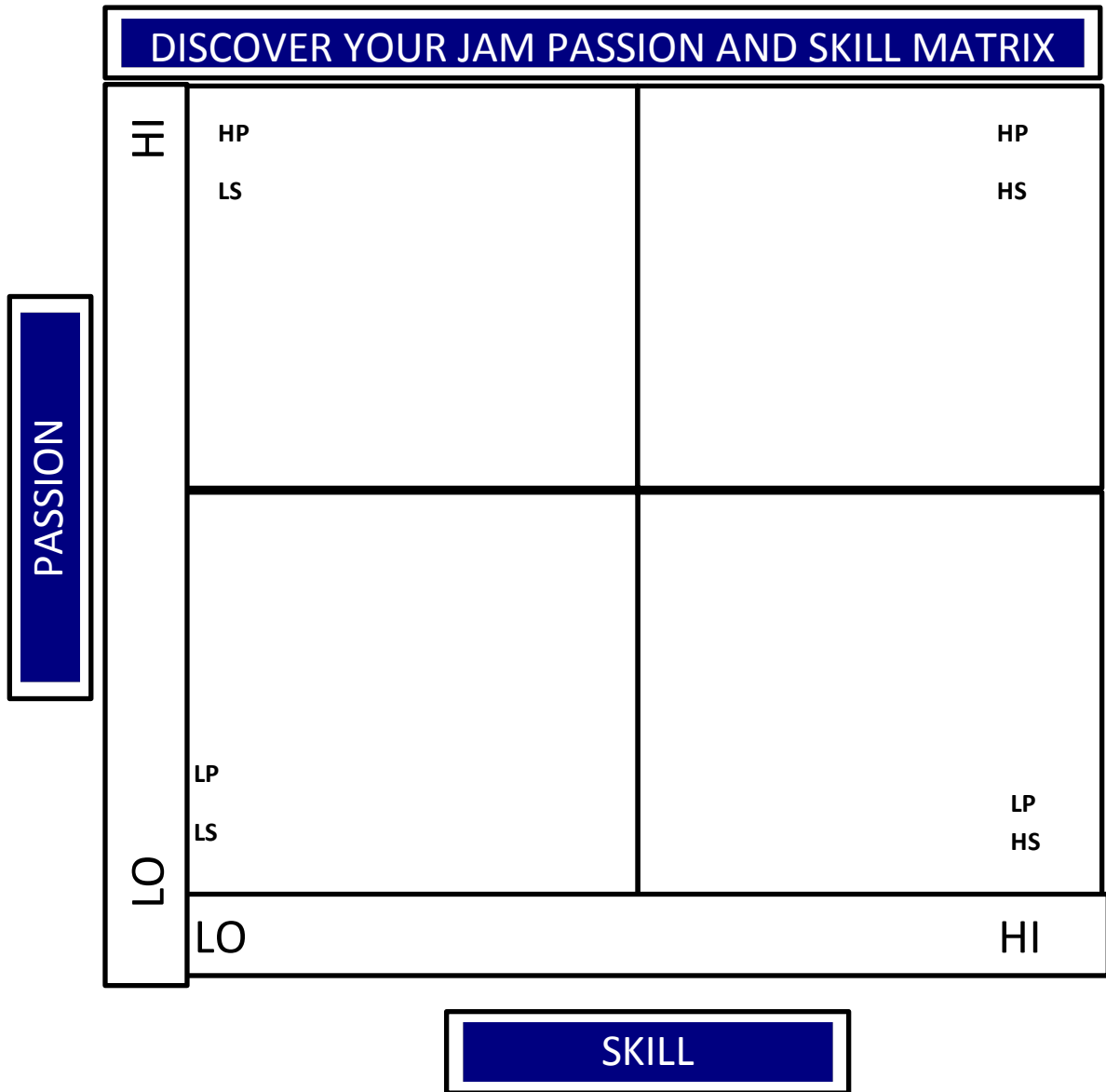
EXAMPLE

Top 5 Passion Areas: *Cooking, Helping Others, Public Speaking, Writing, and Hiking*

Top 5 Skill Areas: *Understanding Organizations, Psychology, Direct Communication, Public Speaking, and Follow-Through*



Plot your passion and skills in the quadrant below.



Low Skill/Low Passion: Areas not to pursue at this time.

High Passion/Low Skill:

Areas that you want might to pursue, but need to determine if improving your skills

High Skill/Low Passion: Areas where passion could be blocked. Consider how using this skill in another environment might feel and look.

High Passion/High Skill: Potential JAM areas to pursue! What small steps can you take to spend more of your time in these areas?

Notes:

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