



JEN MURTAGH
COACHING + CONSULTING

GAINING CLARITY ON YOUR CALLINGS



Dear Friend,

Welcome to your workbook to gain clarity on your callings. Perhaps you have never stopped to think about a calling. What are you being called to do with your life? What would give your life a feeling of deeper meaning, of purpose? Where you are using your innate gifts, strengths, and talents to impact the world in a better way?

Today is a gift to yourself. It is the opportunity to give yourself permission to get curious about your callings. To find stillness, to listen, to be curious, and ultimately - to be receptive. I invite you to let your heart guide you in our 2.5 hours together.

Jen Murtagh

Jen Murtagh
Certified Leadership Coach

I am an award-winning C-Suite executive with 20 years of experience working in both corporate and non-profit. I coach female leaders to live + lead bravely so they can create meaningful impact and design a life they love, without burning out in the process.

I believe deeply in the limitless potential of my clients, and nurture that potential from them with compassion and accountability. I support women in shattering their inner glass ceiling, so they can transform the way they live and lead.



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YOUR ZONE OF GENIUS...

To gain further clarity on your callings, it is helpful for you to have a deeper understanding of not just what you're "good at," but what you're "great at."

This is your unique "genius." Your "genius" are your gifts and strengths that are innate. They come very naturally to you. You may even be confused as to why these natural strengths for you are hard for some people. When you are working in your "genius" you often lose track of time, feel lit up or in "flow". Often this gift exists at a deeper and more subtle level than you might think.

What are the things that you're exceptionally good at that seem to come naturally to you and require little effort?

What are the things that you're doing in your current job, previous job or business that create the most value and impact for your clients, your business, or the organization that you serve?

YOUR ZONE OF GENIUS...

What is your key professional expertise? Think of certifications, degrees and key professional experience.

What are the KEY, unique life experiences that you've had that have given you insight into a particular aspect of the human experience?

What do people most receive from your presence? For this purpose, please try to guess what others would say. If you REALLY want to know, please find the homework assignment at the back of this workbook that you can send to friends, family, colleagues.

WHAT'S CALLING YOU RIGHT NOW?

What callings am I receiving right now? *If you could give yourself permission to be curious about other potentials for your life, what may pull you - even if only a little? Perhaps you have heard a whisper. It may have felt totally unrealistic to you or not quite clear. If you felt powerful and know you couldn't fail, what would you do?*

If this feels challenging - Are there any ideas, visions for what could be created, or feelings of wanting to do something about some problem in the world that have come into your mind or heart that you've pushed away or rationalized away? Be really honest with yourself! What are those?

What has been my relationship to those callings – fear, avoidance, denial, love, delight...?

WHAT'S CALLING YOU RIGHT NOW?

What objections commonly come up for me in reaction to my callings? *(Too old, too young, it's too big, it's too small/frivolous/shallow, I'm not enough of an expert, it doesn't pay the bills, I can't do it with my family commitments.)*

What are some small ways to nurture that calling?

How has the dynamic of trusting and not trusting my callings played out in my life so far?

DEEPER POSSIBILITIES

If I were in deeper alignment with my callings and the expanded possibilities for my life....what needs to shift between where I am right now and where I desire to be.

What is the sense of who you are, in alignment with the fulfillment of your calling?

What are the new skills and capacities that you have cultivated? What are you no longer willing to tolerate?

How have your expectations been raised? What are the ways in which you have grown?

How has the dynamic of trusting and not trusting my callings played out in my life so far?

COMMITMENT TO EXPLORE

What are some current unknowns I am committed to exploring:

In relation to my calling, what unknowns are there:

In relation to your whispers, passions, paths, ideal audience etc.

What's important to investigate early on?

Who can help you? Who might you talk to?

What do I need to do?



By When?

ROAD MAP FOR CHANGE

There is often a misconception that we need to know exactly where we are going in order to take the first step. That just isn't the case. When it comes to deeper possibilities and callings in your life, you don't need to know exactly where you are going in order to take the first step. It does require bravery and dedication to a path that may unfold with each step you decide to take. My hope is these prompts will help you gain further alignment with this calling.

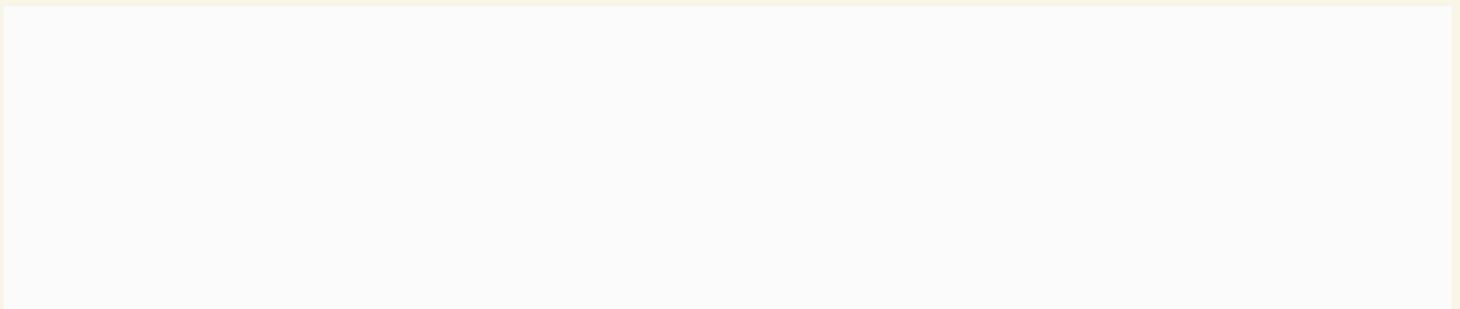
CLARITY - what, if anything, feels important or clear to me right now?



CURIOSITY - what am I giving myself permission to explore, beyond today.

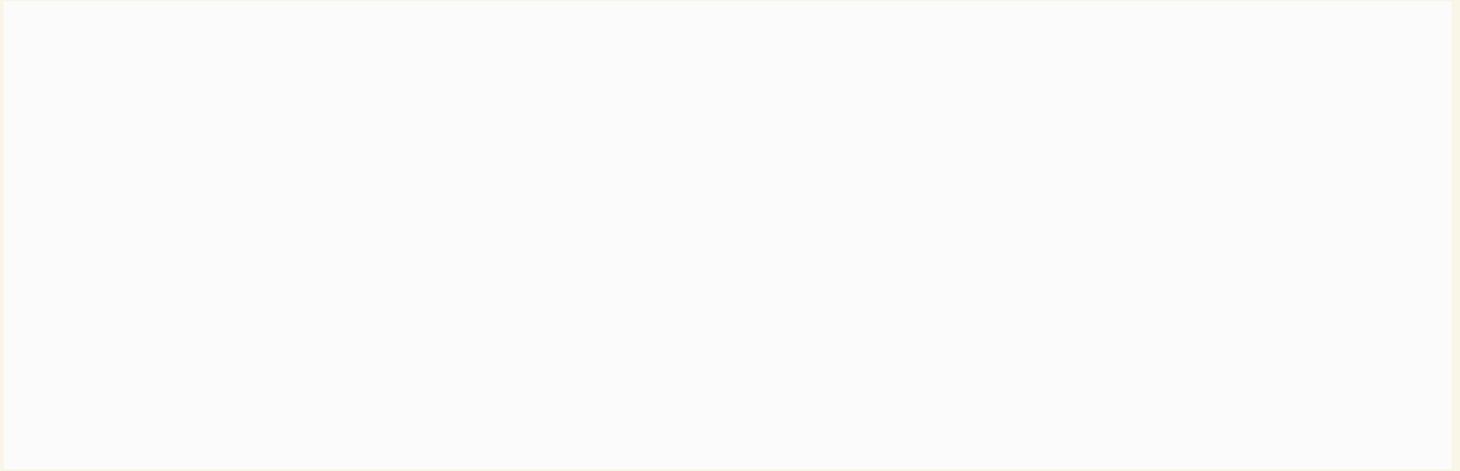


COMMUNITY - who can I talk to in order to learn more. How can I be more open to receiving support in relation to this calling.



ROAD MAP FOR CHANGE

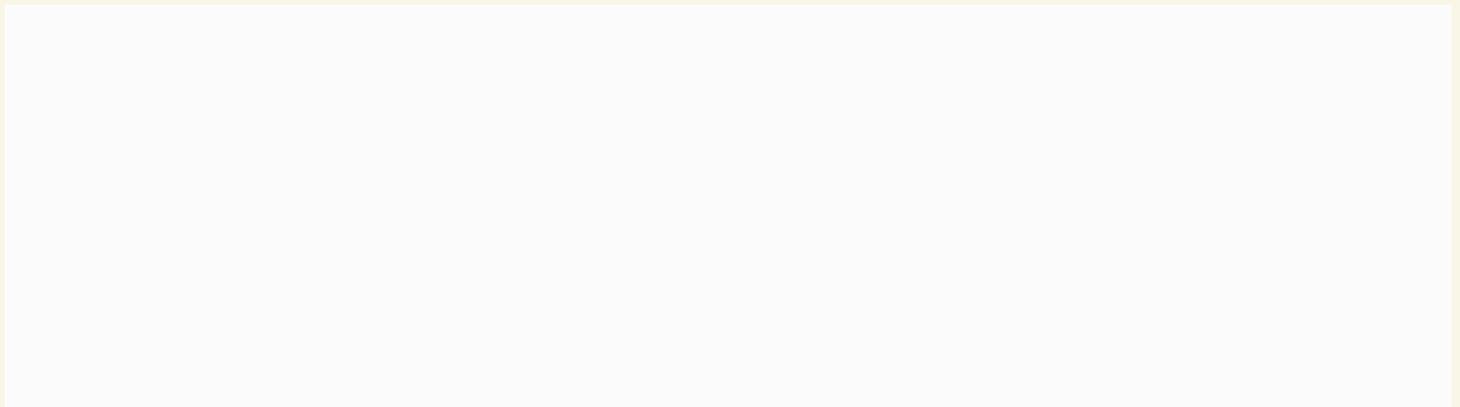
COMPASSION - how am I committing to support myself through this? What kind of words am I using. How am I managing my inner critic?



COURAGE - what are some courageous things I have done in the past. How can I call back that courage into my heart to take tiny steps of bravery in pursuit of this calling.



CONSISTENCY - what can I commit to doing each week for the next 90 days to lean deeper into this calling? Consistent steps of action in pursuit of higher possibility.



EMBODYING YOUR FUTURE SELF



"THE REASON THAT THERE'S A GAP CURRENTLY IN YOUR LIFE BETWEEN WHAT'S SHOWING UP AND BETWEEN WHAT'S POSSIBLE IS BECAUSE YOU HAVEN'T YET EMBODIED THE POSSIBILITIES AND THE POTENTIALS THAT WOULD ENABLE YOU TO MEET THOSE GREATER OPPORTUNITIES."

- CLAIRE ZAMMIT

I AM STATEMENTS

What if you could move your mindset from "doing" to "becoming"? This can be challenging to think about. It requires the ability to connect with your body, your intuition and create the future backwards.

Close your eyes and imagine your future self. She is smiling at you knowingly, inviting you to breathe into deeper possibilities for your life. How can you get from where you are to where she is?

What kinds of things is she creating, impacting, contributing to that you yearn for?

Put your hand on your body and see if you can name the "I am" statement about who she is.

It might be:

- I am a radiant, beautiful woman.
- I am a powerful partner
- I am healthy and joyful
- I am a global leader.
- I am a successful entrepreneur.
- I am fully expressed in my work.
- I am an empowerer of others
- I am a woman who knows my value
- I am open to abundance
- I am impacting the lives of thousands of women
- I am changing my industry
- I am a wealthy woman
- I am deeply supported and loved

What are your "I am" Power Identity statement that anchors who you are in the fulfillment of your vision? What is your commitment to embodying these statements in your life?

DEALING WITH FEAR

Heart-Based Tools

Tools to help you navigate through fear from Tara Mohr's *Playing Big*.

Invite love in. Say a little prayer or intention: "I invite Love into this situation" or "I ask for help shifting out of fear and into Love" or "May I be the embodiment of love in the room."

Get curious. In any situation where you feel afraid, ask yourself: What about the situation can I become authentically curious about? Let your curiosity lead you.

Shift into another positive state. Pick an energy—adventure, playfulness or another—and when you feel fear, remember that energy, and call it into your mind and heart.

Reconnect to your desire to serve. Focus on the people or cause you are hoping to impact positively.

Talk with your younger self. Ask yourself: How old does this afraid part of myself feel? Picture yourself at that age. Dialogue with that girl, listening to her concerns and giving her the reassurance she needs.

Cognitive Tools

Label it. When you notice you are feeling afraid, label the feeling: I'm afraid about x right now. Speak the words, think them silently to yourself, or write them down.

Analyze truth, possibility, probability. Look at what you fear and ask: How likely is it that that will occur? Do I have any evidence it will occur?

Come back to the present moment. When you feel afraid about a potential future outcome, turn your attention to what is happening right now.

Follow the fear to the endgame. Ask yourself: If the bad outcome that I fear came to pass, then what? What would I do? Then what?

Somatic Tools

Breathe. Place one hand on your abdomen and inhale through your nose, breathing into your belly. Feel your belly expand outward. Exhale through pursed lips, as if you were whistling or spinning a thread with your lips. Feel your belly contract inward. Take it slow and do this for several breaths.

Do a physical relaxation. Slowly scan your attention across your body, beginning with your feet and moving your attention upward. Spend a couple of breaths on each body part. Imagine any tension leaving that part of your body, or imagine sending your breath to that part of your body, allowing it to open up any tightness.

DEALING WITH FEAR

Visualize or look at calming imagery. Concentrate on a calming image. Images of loved ones, beautiful objects, or serene landscapes are also all good ideas.

Use music. Put on music that's calming or comforting to you. Ask yourself: What if I approached the situation I fear in the mood/attitude of this song?

My fear toolkit for the next two weeks. *Choose a few of the tools above that will support you move through fear when it arises in connectin with your callings.*

1.

2.

3.

ZONE OF GENIUS EXERCISES

You may want to gain some further information and data on your Zone of Genius. Some of these resources and exercises below will help provide you with even deeper clarity about the work that lights you up, that also comes naturally to you.

Feedback to send to 10-15 friends/family/past or present colleagues

I am participating in a workshop and I've been challenged to ask my circle and those whose opinions I value (that's - YOU) for some help getting clear on my strengths. I have my own personal opinions on what these are but have been tasked to get external opinions.

From your perspective, what would you say are 3 of my best qualities, what you come to me for, or how I add value to your life personally and professionally?

Personality + Strengths assessments

- [Strengthsfinder](#), Top 5 Strengths, \$28 CDN
- [Enneagram](#), \$12 USD
- [Human Design Chart](#), Free
- There are also a lot of others including DISC, Myers Briggs etc.

Past work experiences

- If you were to inventory all of your previous positions and think about the work that lit you up the most, what would some of the common themes be?
- When you are reading through job descriptions, highlight any words, sentences, bullet points where you notice an energetic shift in your being.
- What is the work you are doing when you lose track of time, feel in FLOW and it comes naturally to you?