



FIRST COMMAND'S
ONE Dream®

CREATING ABUNDANT LIVES

DREAM QUEST®
Post Session A

DESTINY, CAUSE
AND CALLING
(WHY-BE-DO)



PURPOSE:

First Command family members will reflect on the insights they have gained on their personal Destiny, Cause and Calling since the last module and from that place, tap into their inner passion to make a difference both at First Command and in the broader community.



OUTCOME:

In Part B, participants will refine and align their Cause and Calling statements and learn about creating an environment that inspires others. Participants will appreciate that when they respond from their inner Destiny, Cause and Calling, they are able to engage with others in more powerful ways.



SESSION TIMELINES

▪ Review of experiences back at home and at First Command	20 minutes
▪ DVD presentation on Kaizen	15 minutes
▪ One-on-One Why-Be-Do Activity	15 minutes
▪ Refine Destiny, Cause and calling Statements	25 minutes
○ Individual work	10 minutes
○ Respond to questions	10 minutes
○ Share a few examples of changes with whole group	5 minutes
▪ Application Planning Wrap-up	15 minutes
TOTAL TIME	90 Minutes





PRE-SESSION PREPARATION

1. Remind participants to bring their Destiny, Cause and Calling Statements that they created during the Higher Ground week.
2. Email the worksheets to the participants so they will have the opportunity to print them for the session.





ATHFINDER NOTES:

Welcome people back together and share an inspiration quote to bring people back to Higher Ground.

Review of experiences back at home and at First Command 20 minutes

Ask each participant to share one example of one insight which they gained during the week session that has made a positive difference in their life.

DVD: 15 minutes

VIDEO FORMAT:

Lance explains the significance of Kaizen and why Continuously Improving is core to effective leadership. The scenes are from canoeing and a presentation to a live audience



DEBRIEF:

- What insights did you get from the DVD?
- How do see applying those ideas at First Command?



One-on-One Why-Be-Do Activity

15 minutes

Ask for a volunteer who would like to work on their Destiny/Cause/Calling Statement on the call.

Invite their Learning Partner to record the highlights of the conversation and email them the final revised wording.

Ask the rest of the participants to work on their own statements as you help the volunteer. They can answer the same questions you are asking the volunteer to gain further insight into refining their own Destiny/Cause/Calling.

Both Pathfinders can add probing questions as well as their perspectives of possible wording that might help the participant to solidify the words work best for them

Here are some questions that can be used:

For Destiny, ask:

- What are the *Terrathreats* that you feel interfere with or degrade the potential of humanity and our planet
- What is the opposite word for that *Terrathreat*? Ask the participant to refine the phrase that captures that idea and that resonates for them.

For Cause, ask:

- In what way will your life be dedicated to the resolution of these *Terrathreats*?
- What actions would overcome the *Terrathreats* you have defined?

For Calling, ask:

- What are your unique gifts and skills that you wish to contribute and that could lead to the resolution of the *Terrathreats*?
- How can you use these gifts and talents to serve?



Revise Destiny, Cause and Calling Statements

25 minutes

- o Individual Work 10 minutes
To be done on the 3 worksheets
- o Respond to questions that participants may have 10 minutes
Offer to talk one-on-one with any individuals who may need additional time
- o Sharing of a few examples with whole group. 5 minutes
Ask for a few volunteers who would be willing to share and explain their refined version

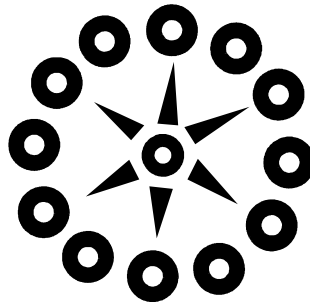
Application Planning Wrap-up

15 minutes

The purpose of articulating your Destiny, Cause, and Calling Statements is to help you be more effective at work and in your personal life. This last activity is to help you bring your Destiny/Cause/Calling to life at First Command and advance the Dream of Creating Abundant Lives.

Write down your action commitments on the Application Worksheet. (5 minutes)

Ask each people to share their commitment. (10 minutes)





Support people to look for opportunities to follow through on their commitments. Remind participants that their leaders were encouraged to be supportive in exploring how their Destiny/Cause and Calling could be applied at First Command.

Remind participants that they will be receiving an email with a worksheet to record specific insights, learnings and personal changes they have made over the course of their Higher Ground Journey.





EMAIL THE FOLLOWING WORKSHEETS

TO THE PARTICIPANTS PRIOR TO THE SESSION



DESTINY WORKSHEET
'WHY' ARE YOU ON THIS EARTH?

Destiny can provide you with a sense of personal purpose and a blueprint for how you can contribute to the resolution of what you see as challenge to the world.

Refine your Destiny Statement as a positive mirror of the problems you see around you, whether they be in your family, community, in your country or in the world. Select what is most important to you—that truly speak to your heart.



CAUSE WORKSHEET
HOW YOU WANT TO 'BE' ON THIS EARTH?

A Cause positively influences what you believe is in need of improvement, change, or resolution on earth. In what way will your life be dedicated to the resolution of these *Terrathreats*?

Refine your Cause Statement and see yourself having a positive effect on people in a way that touches and inspires them, and makes their lives and the world better.



CALLING WORKSHEET

You cannot become inspired and therefore, cannot inspire others, until your gifts, talents and vocation are aligned to serve. A Calling defines what you will 'Do' on this Earth.

Refine your Calling Statement so that it describes the longing deep inside you and leverages your natural gifts. What activities, skills, practices call to you that, given the chance, you would pursue?



DESTINY – CAUSE - CALLING
APPLICATION WORKSHEET

How can you bring your Destiny, Cause, and Calling to life at First Command by addressing current business challenges and advancing the organization's ONE Dream® of Creating Abundant Lives?