



Guided Reflection #1

Listen to Your Uniqueness and the Uniqueness of Others

Listening to Your Life: Your Passion Story

What has your life been telling you? Answering the question, “*What will you Become,*” begins with reflection on a moment in your life when you experienced extreme success/passion. During this guided reflection, we will ask you to write a short story about an event, situation, or experience in your life. Your story should follow these three criteria:

1. During the event, situation or experience, you felt a great sense of satisfaction and enjoyment.
2. During the event, situation or experience, you believe you performed well (as YOU define “well,” not as others may define “well”).
3. During the event, situation or experience, you achieved and accomplished something observable.

In other words, write a story about an event, situation or experience, that regardless of what others’ reactions or impressions may be, **you really enjoyed**. Even if the process may have been difficult, **it brought you a sense of satisfaction**. Your story does not necessarily have to meet the world’s definition of “achievement.” Your descriptions should not be an explanation of a thrilling experience, but your descriptions should report **observable actions that can be described**.

A good start would sound like this: “I answered God’s call to a children’s ministry.” This is very special, but we can’t see how you’re doing it. A deeper description would sound like this: “I taught Vacation Bible School by prayerfully researching and designing crafts and lessons to meet a variety of learning needs.” This is a great description because we can observe what you’re doing!

Here are some more examples to read through:

A GOOD START...	GOING DEEPER...
I am very artistic.	I designed and painted the prize-winning poster for the homecoming dance.
Boy Scouts was really fun for me.	In my first year of Boy Scouts, I had a goal to earn ten badges and I earned them all.
Our basketball team won the city championships.	Our basketball team won the city championships and I helped by keeping our spirits up when the going got tough.
Our youth group went camping each summer. I had a lot of fun.	I suggested to our youth director that we go camping. I knew a good place and was instrumental in planning everything ahead so that we all had a great time.

Become

Now it's your turn!

Take a few minutes to brainstorm and jot down several story ideas and a short description from various times throughout your life when you were extremely successful/passionate. Make sure each description meets these three criteria:

- You felt a great sense of satisfaction and enjoyment
- You believe you performed well (even if it seemed you failed in the eyes of others)
- You achieved or accomplished something observable

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Now, pick one of your brainstorming ideas and expand upon them on the page provided. Describe as much as you can remember. What would we see you doing if we were watching you?

Follow these guidelines:

1. Write your short description at the top of the “Passion Story” page.
2. Describe how you got involved in the activity.
3. Describe how you went about doing the activity.
 - a. What did you actually do?
 - b. What skills did you use?
 - c. What was happening in your head?
4. Identify what was particularly enjoyable or satisfying to you.

The more detail you provide in your story the better! Check out the example on the next page and then write your own story.

PASSION STORY EXAMPLE

Short Description of Event, Situation or Experience:

I assembled my own stereo system from a Radio Shack kit.

Describe how you got involved in the activity.

I read about electronic kits in Popular Science magazine. I was a big fan of recorded music and wanted to build a good stereo system for myself, not only to save money but to learn about electronics.

Describe how you went about doing the activity.

What did you actually do?

What skills did you use?

What was happening your head?

I researched various manufacturers of electronic kits at the library, determined the kit that had the reputation for being the best, and purchased parts for a stereo amplifier, turntable and two Jensen 12 inch loudspeakers through a mail order catalog. I purchased the tools I needed to put the kits together from my local hardware store. I followed the instructions in the manual carefully and assembled the amplifier, doing all the mechanical assembly, soldering all the electrical connections and installing all the tubes and other components. I read a great deal about speaker enclosures and designed my own loudspeaker enclosures for my two 12 inch speakers. I constructed the speaker enclosures from the $\frac{3}{4}$ inch plywood and finished them with a vinyl veneer material. I connected all the components of the system together and arranged the speaker enclosures in my room for maximum stereo effect, according to research I had read on stereo effects in various room configurations. I turned the system on and it worked perfectly.

Identify what was particularly enjoyable or satisfying to you.

The fact that I had done it all myself after having studied all the written information I could. And the fact that it worked just like it was supposed to.

PASSION STORY

Short Description of Event, Situation or Experience:

Describe how you got involved in the activity.

Describe how you went about doing the activity.

What did you actually do?

What skills did you use?

What was happening in your head?

Identify what was particularly enjoyable or satisfying to you.

Success and Passion

On the lines provided below, take a few moments to define the word “success” and the word “passion” (as you define “success” and “passion”...not as others define these words).

A common myth has risen out of our culture regarding strengths. This myth suggests that we are given strengths and talents for our own personal success. “Success,” as you or others define it, may be a result of using our strengths to the highest degree possible; however, living in our strengths with great passion allows us to meet the world’s greatest needs while providing us with a sense of life fulfillment. Read the quote below taken from *Making a Life, Making a Living* by Mark Albion:

A study of business school graduates tracked the careers of 1,500 people from 1960-1980. From the beginning, the graduates were grouped into two categories. Category A consisted of people who said they wanted to make money first so that they could do what they really wanted to do later—after they had taken care of their financial concerns. Those in category B pursued their true interests first, believing that money eventually would follow.

What percentage fell into each category?

Of the 1,500 graduates in the survey, the money-now category A’s comprised 83%, or 1,245 people. Category B risk takers made up 17%, or 255 graduates.

After 20 years there were 101 millionaires in the group. One came from category A, 100 from category B.

The study's author, Srully Blotnick, concluded that “the overwhelming majority of people who have become wealthy have become so thanks to work they found profoundly absorbing....Their luck arose from the accidental dedication they had to an area they enjoyed.”

As you begin your college experience, into which category will you fall? Will you pursue money first so that you can do what you really want later—after you have taken care of your financial concerns or will you pursue your true interest first? In your opinion, which of these two categories represents the word “success” and which represents the word “passion”?

“To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty, to find the best in others; to leave the world a little better; whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is the meaning of success.” ~Ralph Waldo Emerson

You have completed Guided Reflection #1.
Now, gather with your small group and debrief this section.

Become

My Journey Line Camp Journal

“Remembering our stories helps us perceive ways God has shared in our personal history. We remember incredible answers to prayers and grace moments, times when God helped us through what seemed impossible crises.”
~Richard Morgan

Become

My Journey Line Camp Journal

"Powerful stories throughout history...teach us what it means to be a follower of Jesus. Our own stories and the stories of our communities of faith serve as icons that help to shape our ways of being and doing."

~Dwight W. Vogel & Linda J. Vogel

Become

Guided Reflection #2

Listen to Your Uniqueness and the Uniqueness of Others

Listening to Other People's Strengths: Finding the Uniqueness of Those Around You

All of us are unique! What do we do with the unique strengths that have been given to us? The more we know ourselves, the better able we are to maximize our greatest gifts that we have been given. Part of understanding our uniqueness is to begin to really notice and appreciate what others have been given.

How we view others often comes from our filter. What is our filter? It is made up of our strengths, our experiences, our beliefs, our pasts, and our values. Understanding and appreciating the differences in others can help us to develop better relationships, have fewer prejudices, and create great partnerships with people.

Somewhat like an orchestra or athletic team, each individual is positioned in his or her area of strength. On a basketball team, some are better at shooting from the outside, while others are better shooting in the middle. Both are necessary for a successful team. It is similar with strengths; no strength is better or worse than any other strength, it simply *is*! Each of us sees things a little differently, and that is a wonderful thing.

You have had a chance to hear others talk about their Strengths. **Using the following worksheets**, think about family members, role models (teacher, coach, youth minister), people with whom you don't get along, and a close friend. Choose one person from each category and try to determine their top five strengths, and write a short description next to the strength about why they might demonstrate this strength in their life.

Name of a family member: _____

Projected Top 5 Strengths: _____

<i>Strengths</i>	<i>Short Description</i>	<i>Your Reason</i>
Thinking		
Analytical	People strong in the Analytical strength search for reasons and causes. They have the ability to think about all the factors that might affect a situation.	
Arranger	People strong in the Arranger strength can organize, but they also have a flexibility that complements this ability. They like to figure out how all of the pieces and resources can be arranged for maximum productivity.	
Connectedness	People strong in the Connectedness strength have faith in the links between all things. They believe there are few coincidences and that almost every event has a reason.	
Consistency	People strong in the Consistency strength are keenly aware of the need to treat people the same. They try to treat everyone in the world fairly by setting up clear rules and adhering to them.	
Context	People strong in the Context strength enjoy thinking about the past. They understand the present by researching its history.	
Deliberative	People strong in the Deliberative strength are best described by the serious care they take in making decisions or choices. They anticipate the obstacles.	
Futuristic	People strong in the Futuristic strength are inspired by the future and what could be. They inspire others with their visions of the future.	
Ideation	People strong in the Ideation strength are fascinated by ideas. They are able to find connections between seemingly disparate phenomena.	
Input	People strong in the Input strength have a craving to know more. Often they like to collect and archive all kinds of information.	
Intellection	People strong in the Intellection strength are characterized by their intellectual activity. They are introspective and appreciate intellectual discussions.	
Learner	People strong in the Learner strength have a great desire to learn and want to continuously improve. In particular, the process of learning, rather than the outcome, excites them.	
Strategic	People strong in the Strategic strength create alternative ways to proceed. Faced with any given scenario, they can quickly spot the relevant patterns and issues.	
Striving		
Achiever	People strong in the Achiever strength have a great deal of stamina and work hard. They take great satisfaction from being busy and productive.	
Activator	People strong in the Activator strength can make things happen by turning thoughts into action. They are often impatient with stagnation.	
Adaptability	People strong in the Adaptability strength prefer to “go with the flow.” They tend to be “now” people who take things as they come and discover the future one day at a time.	
Belief	People strong in the Belief strength have certain core values that are unchanging. Out of these values emerges a defined purpose for their life.	
Discipline	People strong in the Discipline strength enjoy routine and structure. Their world is best described by the order they create.	
Focus	People strong in the Focus strength can take a direction, follow through, and make the corrections necessary to stay on track. They prioritize, then act..	
Restorative	People strong in the Restorative strength are adept at dealing with problems. They are good at figuring out what is wrong and resolving it.	
Self-assurance	People strong in the Self-Assurance strength feel confident in their ability to manage their own lives. They possess an inner compass that gives them confidence that their decisions are right.	
Significance	People strong in the Significance strength want to be very important in the eyes of others. They are independent and want to be recognized.	

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Relating		
Communication	People strong in the Communication strength generally find it easy to put their thoughts into words. They are good conversationalists and presenters.	
Empathy	People strong in the Empathy strength can sense the feelings of other people by imagining themselves in others' lives or others' situations.	
Harmony	People strong in the Harmony strength look for consensus. They don't enjoy conflict; rather, they seek areas of agreement.	
Includer	People strong in the Includer strength are accepting of others. They show awareness of those who feel left out, and make an effort to include them.	
Individualization	People strong in the Individualization strength are intrigued with the unique qualities of each person. They have a gift for figuring out how people who are different can work together productively.	
Relator	People who are strong in the Relator strength enjoy close relationships with others. They find deep satisfaction in working hard with friends to achieve a goal.	
Responsibility	People strong in the Responsibility strength take psychological ownership of what they say they will do. They are committed to stable values such as honesty and loyalty.	
Impacting		
Command	People strong in the Command strength have presence. They can take control of a situation and make decisions.	
Competition	People strong in the Competition strength measure their progress against the performance of others. They strive to win first place and revel in contests.	
Developer	People strong in the Developer strength recognize and cultivate the potential in others. They spot the signs of each small improvement and derive satisfaction from these improvements.	
Maximizer	People strong in the Maximizer strength focus on strengths as a way to stimulate personal and group excellence. They seek to transform something strong into something superb.	
Positivity	People strong in the Positivity strength have an enthusiasm that is contagious. They are upbeat and can get others excited about what they are going to do.	
Woo	People strong in the Woo strength love the challenge of meeting new people and winning them over. They derive satisfaction from breaking the ice and making a connection with another person.	

What Strengths do you have in common with this person? _____

What Strengths are different? _____

If you needed to accomplish a project together, how would you help each other achieve the goal?

Name of someone you don't get along with: _____

Projected Top 5 Strengths: _____

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What Strengths do you have in common with this person? _____

What Strengths are different? _____

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Name of a close friend: _____

Projected Top 5 Strengths: _____

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If you needed to accomplish a project together, how would you help each other achieve the goal?

Name of a person you admire or a role model: _____

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**You have completed Guided Reflection #2.
Now, gather with your small group and debrief this section.**

[illegible][illegible]

“No one can develop a mature spirituality alone. To be a Christian is to be called into community. It is to become a functioning part of the body of Christ.”

~Steve Harper

[illegible]

“In everything, keep trusting that God is with you, that God has given you companions for the journey.”

~Henri J.M. Nouwen

Become

Guided Reflection #3

Understanding Your New Beginning

Starting Over: Hopes and Fears

This stage in life – whatever that may be – finally is finished and the next one can begin. From high school to college, millions of students look at this achievement as a feather in their cap and a stepping stone to greater glory.

For some students, [college] offers the chance to start over; for others, the chance to build on the successes of the past. But for all, it entails the realization that the benefits of childhood are coming to an end, and the bills called “responsibilities of adulthood” and “time to grow up” have finally come due.

But what lies ahead? Some people have been called to rid the world of war and famine, to find a cure for cancer or to solve the problems of racism and hatred. Most of us may never make headlines changing the world, but we can change ourselves and make a new start. Every person can give themselves a final exam, judging whether they have lived up to their potential and used their God-given abilities.

Never forget the young man who spent an entire day picking up starfish and throwing them back into the ocean. When asked by passersby why he was returning the animals to the sea, he replied, “If I don’t, they will die.” The strangers then tried to remind him that there were millions of starfish on the beach and he could not possibly help them all. “True,” he answered, throwing another starfish into the ocean, “but it sure made a difference to that one.”

Let’s make a difference to one person we meet today. Let me suggest that we all celebrate a graduation today. Let’s decide to look at the rest of our lives, beginning today, as a new start and a gift from God to make His world better. Like the collegian setting out to change the world, all of us would do well to try and change our little corner of the universe for the glory of God and the betterment of mankind. Let’s remember that we all need encouragement and support from others, and that living quality lives means increasing the quality of life of those around us.

Remember who you are and who you represent, and keep your heads up. Don’t forget what Don Meredith said, “Potential only means that you ain’t done nothin’ yet.” Now is your chance. Make this world a little brighter by being a point of light in our society.

Written by Trey Graham, senior pastor of First Baptist Church in Melissa, Texas, is a speaker, columnist, author of "Lessons for the Journey" (America House, 2001), and director of Faith Walk Ministries (www.faithwalkministries.com).

Take this time now to journal your thoughts about starting over in college. Respond in the space provided.

Describe in detail two high school successes that you would like to build on as you begin college.

Describe in detail two things that you are excited about leaving behind from your high school experience.

Describe in detail three things you are looking forward to most about starting over in college:

Describe in detail three things you are somewhat fearful of regarding starting over in college:

**You have completed Guided Reflection #3.
Now, gather with your small group and debrief this section.**

[illegible][illegible]

Become

My Journey Line Camp Journal

"It is absolutely crucial...to keep in constant touch with what is going on in your own life's story and to pay close attention to what is going on in the stories of others' lives. If God is present anywhere, it is in those stories that God is present."

~Frederick Reuchner



Guided Reflection #4

Understanding Your New Beginning

Real Friendship and Purposeful Involvement

A new beginning can represent new opportunities for relationships and friendships that can be very exciting. But that same new beginning may also represent some frightening realities of times of solitude and loneliness—especially as you start this new adventure. Can you already envision your first days on campus as a Baylor student? Can you already imagine what you will do during Welcome Week?

It's possible that part of you can't wait to start meeting new people, but the other part is unsure how to find friends on a bustling college campus. The good news is that you are not alone. Every other new student is in the same situation, and most of the people on your floor or in your classes are dying to make new friends just like you are.

But before you just follow the crowd in your search for friendship, ask yourself, “What is real friendship?” By not giving this question serious thought, we may choose a friend who may not be the kind of influence we really want in our lives. As the saying goes, choose your friends wisely for you will become what they are. There are many examples of real friendship, but what is real friendship to you?

Take a few moments to write down a few characteristics of real friendship (as you define “real friendship”...not as others may define it)

Describe five of your non-negotiables (non-negotiables are personal qualities or desires that you will not compromise in your quest to make new friends).

Become

Purposeful Involvement

What we choose to dedicate time to says a lot about who we are, what influences us, and who we hope to become. One week has 168 hours. A typical full-time student, taking four courses, spends only 12 to 18 hours sitting in actual classrooms, taking classes. So the bulk of students' lives are spent outside the classroom.

Students tend to be active, driven, and heavily engaged with out-of-class activities, including off-campus jobs. Few have the slightest problem finding one, two or even three engagements in addition to their classes. Whether it is public service, the arts, music, athletics, a student-run newspaper, special interest group, or religious organizations, an overwhelming majority of undergraduates stay busy with activities outside of class.

How do undergraduates view these extracurricular opportunities? As a chance to have fun; As a chance to learn new skills; As a chance to give something back to a community, or even a country, that has been good to them; As a chance to perform or direct or produce; As a chance to learn leadership skills. Even at the most academically rigorous colleges, most graduates have far clearer memories of their involvements outside the classroom than of the details of the class on American history they took in their sophomore years.

Those students who make connections between what goes on inside the classroom and outside the classroom report a more satisfying college experience. The students who find some way to connect their interest in music, for example, either with coursework or with an extracurricular volunteer activity or both, report a qualitatively different overall experience.

In an effort to begin familiarizing you with the vast array of involvement opportunities you will have to sift through when you begin your Baylor experience, we invite you to take some time to thoughtfully consider what you will dedicate your time to. On the following page, you will find a partial listing of extra- and co-curricular activities at Baylor University. Rank each one based on how interested you may be in participating in that activity.

Taken from Making the Most of College, by Richard Light

Involvement Ideas

Rank each involvement idea as it appeals to your interests (*please note: the following list is not exhaustive*):

- 1 definitely interested
- 2 maybe interested
- 3 not interested

- _____ Join a service organization on campus
- _____ Lead a bible study in your resident hall
- _____ Have the opportunity to develop leadership skills within a leadership program
- _____ Join a sport club that works out, trains, and travels together
- _____ Become involved in an intellectual/academic club
- _____ Gain leadership skills in an off-campus job
- _____ Become involved in student government
- _____ Join a special interest/skill club (i.e. fencing, horseback riding, swing dance, karate, etc.)
- _____ Participate in university sponsored mission trips
- _____ Join and serve in a service program within your community
- _____ Gain leadership skills in a work study job where you can assist with any number of the functions within a University and have interaction with students, faculty or staff
- _____ Join a social organization (fraternity or sorority)
- _____ Become involved in an organization that provides leadership and direction for the student body
- _____ Join a spirit squad
- _____ Support athletics
- _____ Become involved in a musical or artistic pursuit

Now, go back to the items you ranked with a 1. Think about them in relation to your strengths and make a few notes on how you think your strengths would play out or benefit these involvements.

You have completed Guided Reflection #4.
Now, gather with your small group and debrief this section.

Become

My Journey Line Camp Journal

"We develop our gifts...when we use them for the good of others...Our gifts are to be given away so that the whole human community is richer for our having been there."

~Joan D. Chittister

Become

My Journey Line Camp Journal

"We do not have to worry about the results, since they belong to God. Our calling is to discover the spiritual ability and use it for its intended purpose. Nothing in the scheme of God's salvation is more demonstrative of obedient discipleship than our grateful reception of the gifts of the Spirit and our proper use of them."

~Charles V. Bryant