



# Why Do a Core Gift Discovery Interview?

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Many of us are searching for a deeper sense of purpose in life. Perhaps we're trying to decide important next steps, recover from a challenging experience, or figure out what to do about the feeling that we're not living life to its fullest—something is missing. Any of those sound familiar?

It can be tempting to look outside ourselves for answers, as if our purpose is quietly waiting for us somewhere, hoping we'll track it down. If you've tried, you may have discovered how frustrating that search can be.

Our purpose in life isn't something we have to go out and find. It's something that has been with us all along. The only problem is that it's so close to us, it can be very hard to see.

A Core Gift Discovery interview offers a powerful way to see what's right in front of you. It helps you get clearer about your unique sense of purpose and meaning, so that you can start to live in a more intentional way.

Discovering your Core Gift can help you to:

- make better decisions in all areas of your life.
- strengthen your self-confidence and shift your thinking towards hope.
- connect and communicate more effectively with others.
- have a touchstone for reassurance, safety and courage in difficult times.

## Common questions about the Core Gift Discovery interview:

### **"What does the interview involve?"**

The interview takes about 90 minutes. There's nothing to prepare and you share only what you feel comfortable talking about. The facilitator gently guides the process and holds an encouraging space in which to explore. The main part of the interview involves being asked questions that have no "right" answer. Your opinion is all that matters. After you answer the questions, you are guided through several more steps until you have identified your Core Gift. Your Core Gift statement is created out of your own words. It's a powerful reflection of how you, uniquely, show up in the world and what matters most deeply to you.

*"Understanding and using our gifts is both an old and a new idea. Many ancient cultures and faith traditions used specific methods to identify and use gifts in their members. Now, modern neuroscience and positive psychology have proven that individuals thrive when they are able to find meaning in their lives by knowing and giving their gifts."*

**“I’ve previously done work around my values and strengths. How is this different?”**

It’s very different! Values and Strength inventories ask you a list of questions and then, based on your answers, compare you to other people who have taken that same test to determine your strengths. Your answers reveal how you are similar to other people. The Core Gift Discovery interview doesn’t compare you to anyone, since it’s designed to discover the most unique and powerful attribute about you.

**“Is the process designed for people at a particular age or stage of life?”**

Identifying and learning to work with your Core Gift is valuable no matter where you are in your life. It is particularly helpful during times of change or transition.

**“Can my Core Gift change?”**

Your Core Gift does not change, but your understanding of it and the variety of ways you will use it in your life will constantly change as you grow older and live your life. Old stories from around the world teach us that each of us comes into this life and leaves this life with a Core Gift and spends the time in-between learning about it and giving it. It is a constant ally, always with you.

**“What’s next after I know my Core Gift?”**

Your Core Gift tells you the most powerful contribution you want to make in all areas of your life, which can help you make specific choices about jobs, relationships, and other ways you choose to spend your time. Your Facilitator can help you think about how your Core Gift can be used more in your life, and can also offer more in-depth Core Gift Coaching sessions that are designed to meet you where you are in your life right now, and help you plan the next steps forward.

**“What qualifications do Core Gift Facilitators have?”**

Facilitators participate in an intensive training process where they learn the underlying theory of gifts from a multicultural and human-development perspective. Next, they are observed and coached in the 5 Step Core Gift Discovery process. After the training, they must submit additional Core Gift interviews for further improvement feedback before they are certified as Core Gift Discovery Master Facilitators.

*“Your Core Gift is the unique offering you have to share with others. It is connected to and strengthened by your life experiences—particularly your challenges. Knowing your Core Gift means you can better share it with others, provides focus to your sense of purpose and well-being, and guides your decision-making on the path forward. It develops throughout your lifetime, and becomes more impactful each time you face new challenges and learn more about how you are uniquely you.”*