



# The 5 A's of Agility

A Framework for Pursuing Purpose Worksheet

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As Christians, understanding our purpose begins with Jesus' message of love.

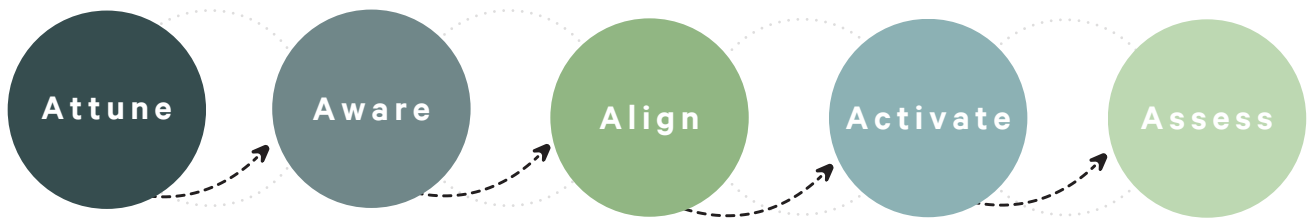
As Psalm 139 reminds us, we are fearfully and wonderfully made. We each discover purpose in our own distinct way. What if you were given permission to consider how you are called to be God's loving presence - as yourself - serving God and others through your gifts and talents?

We need support and relationships to pursue purpose and remain agile through the life's ups and downs. We can enlist our trusted friends and family members in the process, asking them if we are on the right track, and asking them to walk alongside us, providing support.

When we tap into God's love, and share God's love, we often experience joy. In considering how we become more agile, love and joy offer both motivation and reward. Finding joy requires self-awareness and deep connection to what matters to ourselves and to the world.

Thriving involves being able to adapt. We offer the framework of the 5 A's of Agility to help you and your communities become more aware, aligned, and activated toward purpose. You can use these steps to continually assess how it's going. Work through the cycle once or twice a week answering a few prompts at a time.





# 1. Attune

Stop and pay attention to your body.

The body provides important clues about your emotional state. Look for tension. Do you have pain? Are you restless? Do you sense joy in your body? It's easier to notice where we feel pain or where we feel unbalanced. Try and attune to lightness, delight and joy as well as to the sources of upset. The following practices can help you attune to your emotions through your bodily sensations.

- Scan your body for places of tension.
- Take a 5-minute walk to limit distractions and tune into your emotions.
- Practice mindful breathing techniques. Take a deep inhale for five seconds, and slowly exhale for another 5 seconds. Repeat this exercise, extending your exhale for a few more seconds than your inhale. Focus on the pattern of breath is very calming for the emotions and takes you out of fight or flight mode.

## Questions:

- 1) After you have quieted yourself and examined your bodily sensations, what did you notice? Examine what comes up without judgment.
- 2) Can you name any emotions that come up? Anger? Stress? Happiness? Joy? Try to give the feelings a name.
- 3) What might God, who knows you, loves you, and accepts you, notice in you?
- 4) Where do those feelings show up in your body (e.g., stiff neck, back pain, etc.)?





## 2. Aware

Reflect on what your emotions are telling you.

How do your emotions help you understand what matters most to you? Who or what brings you enduring joy or what gets in the way?

- Practice journaling daily. There's no wrong way to journal. Get started by dumping all your thoughts and feelings onto a page.
- Name and release your emotions in a safe and trusted space. When feeling overwhelmed, find a close, dependable friend, a licensed professional therapist, or a leader in your community who will support and listen to you without judgment.
- Accept your emotions without judgment. Avoid sweeping them under the rug.

### **Questions:**

- 1) Approach your emotions with curiosity, compassion, and courage. What are your emotions telling you about how you are doing?
- 2) What are your current emotions telling you about what matters to you?
- 3) If you are not currently feeling joyful, take a moment to think back to a time when you did? Can you recall when and how joy showed up in your body?
- 4) What do your feelings tell you about what you value or think is right?
- 5) What gets in the way of experiencing more of what matters and brings you joy?





6) When you experience joy, what do you do? Who are you with? What are you working toward?

7) Conversely, examine the above questions when you feel grief, sorrow, upset, or outraged. Write down what you learn.

### 3. Align

Take active steps to align your actions and behaviors with your beliefs, values, and what matters most to you.

An important step to aligning our lives to our ideals, is not only being aware, but also creating space between our emotional response and our actions. It takes some practice. If you don't get it right, ask for guidance and forgiveness, then begin again.

- Prayer, meditation, or reading scripture can help us name our ideals and deepest beliefs.
- Practice introspection. Ask yourself on a daily basis whether your actions and decisions are aligned to your values and beliefs. Note any misalignments.

#### Questions:

1) Take a moment to name some of the values you aspire to and hope to embody. Examples of values are: kindness, loyalty, integrity, respect, among others.

Four light green oval shapes arranged horizontally, intended for writing values.

2) Do your actions and behaviors match your values?





3) How do your daily experiences and emotions shed light on what you thought you knew about yourself?

4) Does reflecting on your emotions and bodily sensations suggest that you are in or out of alignment with your deepest values, passions, and interests?

5) What changes do you need to make? How might you intentionally choose to align your life a bit more closely to what God might be inviting you to?

6) Name 1-3 changes you might make that would allow you to be more aligned with what matters most to you.

## 4. Activate

Put into action the changes you identified to align your life to your values.

Take active steps to pursue change. In other words, “Just do it!” Stay connected with the people around you as you activate and explore your purpose.

- Explore your gifts, skills, and talents through meaning-making exercises, Strengths Finder, or other similar tools.
- Look to sources of joy for insight. How does joy give you insight into where you feel most purposeful?
- Find ways to contribute to your community. How can you use your gifts, skills, and talents to serve those around you?





- 1) Based upon the 1-3 changes you identified in #3, identify practical things you can do to activate joy in your life and discover or pursue purpose. For example, if you noticed a passion or a strength, how might you pursue it more intentionally?
  
- 2) If you notice a relationship that deeply matters, how might you intentionally have more meaningful interaction with that person?
  
- 3) If there is a value or belief that is particularly meaningful, how can you live this out more specifically?
  
- 4) What are some ways that you can offer love to others or to God through the changes you make?

## 5. Assess

Evaluate how it is going.

Are you able to access more joy in your life? Have you felt more of God's loving presence?

- Re-examine your goals. Where have you been? Where do you want to go?
- Be open to feedback. Ask a trusted and supportive friend for advice.
- Seek to understand yourself and avoid blame for mistakes made. Be honest with yourself.
- Where do you feel shame? Joy? Confusion?
- Write down some thoughts here. Be open to feedback.





**Questions:**

1) Who is holding you accountable? Who is on this Agility journey with you? Do they see you offering more love and experiencing more joy?

2) What have you learned about yourself and others? Avoid blame for mistakes made. Be honest with yourself.

3) Where did you feel most alive during this cycle?

4) How were you able to connect more deeply to the world around you?

5) Were you able to offer more love? What made the difference?

