

## Fulfillment Story Sharing Exercise\*

This exercise can be powerful if participants follow the instructions closely and do their best to enter into the experience of one another.

- 1) Break up into pairs. One person storyteller; the other interviewer.
- 2) Interviewer invokes the Holy Spirit with a little prayer (“Come Holy Spirit!”)
- 3) The interviewer leads a **five-minute** conversation according to these questions:
  - a) What is the fulfillment story you would like to share?
  - b) Open up the verbs! Ask about the verbs!
    - How did you go about \_\_\_\_\_?
    - Give me an example of \_\_\_\_\_?
    - Tell me more about \_\_\_\_\_?
    - If I was watching you \_\_\_\_\_, what would I see?
    - How did you \_\_\_\_\_?
  - c) What was most deeply satisfying about what you did in this story?
- 4) The interviewer now takes **a couple of minutes** to reflect back to the storyteller what they observed about the person as he/she shared the story. Summarize those actions the storyteller recounted. Describe the emotions s/he expressed. (Interviewer: Don't fret about what you are going to say as the storyteller shares. You simply need to listen well and share some of your observations.)
- 5) Interviewer asks: “How does that observation resonate with you?”
- 6) Switch. The interviewer & storyteller now trade places and go again.

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\* For more information about the value of drawing out fulfillment stories for effective mentorship please see *Unrepeatable: Cultivating the Unique Calling of Every Person*, Luke Burgis & Joshua Miller, Ph.D. (Emmaus Road, 2018).