

## **Project Quality List**

Finding your own gifts in your Biography



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*“Life can only be understood backwards; but it must be lived forwards.” – Søren Kierkegaard*

**Tags:** Culture, Personal Resilience,

**Challenge:** In the history of humanity there is always a red thread visible: topics, qualities, projects, ideas they have been carrying with them for many years. Often people are not aware of their gifts, dreams and ideas and about this stream of energy that is both moving them and made by them.

**Solution:**

Biography work is an important exercise that brings knowledge in order to help us realise our own invisible path and driving force. Within our story most of our dreams, ideas and projects are already visible. The “Project-Quality-List” is a very easy, clear exercise that supports people to

- Look back into their lives and see what projects they have been done, they are doing right now and they have always been dreaming about
- See what qualities these project show us about ourselves and thereby feel and remember the reason why we have been doing these projects

This gives us more clarity about their most important qualities we want to have alive in our lives and projects.

**References & Exercise:**

Thomas Diener (Ger): <http://www.fairwork.ch/pdf/uebungen/ProjektQualitaetListe.pdf>