

## How Are You Energized?

- Are you more comfortable  
\_\_\_ doing things for people or  
\_\_\_ being with people?
- When doing a task, do you  
\_\_\_ tend to focus on the goal or  
\_\_\_ focus on relationships?
- Do you get more excited about:  
\_\_\_ advancing a cause or  
\_\_\_ creating community?
- Do you feel you've accomplished  
something when you've  
\_\_\_ gotten a job done or  
\_\_\_ built a relationship?
- It is more important to  
\_\_\_ start a meeting on time or  
\_\_\_ when everyone gets there?
- Are you more concerned with  
\_\_\_ meeting a deadline or  
\_\_\_ maintaining the team?
- Do you place higher value  
\_\_\_ on action or  
\_\_\_ communication?

Based on the above, are you more  
\_\_\_ task-oriented or \_\_\_ people-oriented?

## How Are You Organized?

- While on vacation do you prefer  
\_\_\_ to be spontaneous or  
\_\_\_ follow a set plan?
- Do you prefer to set guidelines that are:  
\_\_\_ general or \_\_\_ specific?
- Do you prefer to  
\_\_\_ leave your options open or  
\_\_\_ settle things now?
- Do you prefer projects that  
\_\_\_ have a routine or  
\_\_\_ to play it by ear?

Based on the above, are you  
\_\_\_ structured or \_\_\_ unstructured?

# Experience

Think about these different experiences  
and how they have impacted your life:

## Spiritual experiences

Meaningful decisions, times with God,  
times you felt especially close to God.

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## Painful experiences

Problems, hurts, trials, etc...

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## Educational experiences

Favorite subjects, special training

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## Ministry experience

How you've served in the past.

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Which experiences stand out the  
most for you?

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## DISCOVERING MY S.H.A.P.E.

### S – Spiritual Gifts

What God supernaturally gifts me to do

### H – Heart

What I have passion for and love to do

### A – Abilities

What natural talents and skills I have

### P – Personality

Where my personality best suits me to serve

### E – Experiences

Spiritual experiences I have had

Painful experiences I have had

Educational experiences I have had

Ministry experiences I have had

Portions of this document were borrowed from Rees, Erik.  
*S.H.A.P.E.: finding and fulfilling your unique purpose for life.*  
Zondervan, 2006, Grand Rapids, Michigan 49530

# Spiritual Gifts

My Top 3 Gifts

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## Heart

What would you do for God if you knew you couldn't fail?

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What pushes you to action?

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What moves you so deeply that it keeps you awake at night?

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Who are the people you most want to help? Who you can influence the most?

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Is there an age range or affinity group you feel most drawn to?

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What are the needs I feel most drawn to?

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# Abilities

Check the abilities on this list that you excel at and love doing:

- Adapting – adjust, change, alter, modify
- Administrating – govern, run, rule
- Analyzing – examine, evaluate
- Building – to construct, make, assemble
- Coaching – prepare, train, equip
- Communicating – share, convey, impart
- Competing – contend, win, battle
- Computing – add, estimate, calculate
- Connecting – link together, involve
- Consulting – advise, discuss, confer
- Cooking – prepare, serve, feed, cater
- Coordination – organize, match
- Counseling – guide, support, listen
- Decorating – beautify, enhance, adorn
- Designing – draw, create, picture
- Developing – expand, grow, advance
- Directing – aim, oversee, manage
- Editing – correct, amend, alter, improve
- Encouraging – cheer, inspire, support
- Engineering – construct, design, plan
- Excelling – set/attain high standards
- Facilitating – help, aid, make possible
- Implementing – apply, execute
- Improving – to better, enhance
- Influencing – affect, sway, shape, change
- Landscaping – garden, plant, improve
- Leading – pave the way, direct, excel
- Learning – study, gather, expand self
- Managing – run, handle, oversee
- Mentoring – advise, guide, teach
- Motivating – provoke, induce, prompt
- Negotiating – discuss, consult, settle
- Operating – run mechanical things

- Organizing –simplify, arrange, fix, classify
- Performing – sing, speak, dance, act, play instrument
- Persevering – see things to completion
- Pioneering – bring about something new
- Planning – arrange, map out, prepare
- Promoting – sell, sponsor, showcase
- Recruiting – draft, enlist, hire, engage
- Repairing – fix, mend, restore, heal
- Researching – seek, gather, study
- Resourcing – furnish, provide, deliver
- Serving – help, assist, fulfill
- Shopping – obtain things, get highest quality for the best price.
- Strategizing – think ahead, calculate
- Teaching – interpret, decode, explain
- Traveling – journey, visit, explore
- Visualizing – picture, imagine, dream
- Welcoming – entertain, greet, embrace
- Writing – compose, create, record

## Personality

Understanding the personality God has given you will help you more effectively express your spiritual gifts, heart, and abilities for His sake.

We Are Going to Focus on Only Two Aspects of Your Personality:

- How you are energized?
- How you are organized?

For each statement on the next page, check the statement that most accurately describes what you would prefer in most situations. Select the behavior or perspective that would come naturally if there were no restrictions or consequences for your personal expression.