

YOUR SHAPE WORKSHEET

SPIRITUAL GIFTS

1. What do you believe to be your spiritual gift(s)? Why?
2. Are you using your gifts and if so, how?

Free online resource: www.churchgrowth.org

HEART

1. Circle all that you find you have the greatest interest or concern for.

infants children teens college age single adults young marrieds
 working women stay-at-home moms empty nesters senior adults
 men women

Others _____

2. Circle all that you enjoy doing.

counseling prayer music audio-visual facilitating small groups
 evangelism discipleship sports hospitality helping administration
 finance inner city overseas research reading

Others: _____

3. Which do you prefer working with?

Things Information People

4. Write down a few of the most meaningful things you have done in your life, things that gave you great satisfaction or fulfillment.

ABILITIES

1. Circle all that you feel you are good at or talented at.

Writing Editing Promoting Teaching Conversing Broadcasting
Public Speaking Drama Giving presentations Moderating
Singing Playing an instrument Acting Entertaining Telephone, TV,
Radio Artistic Design and development Shapes and forms Painting
Handicrafts Color and Patterns Landscaping Decorating Pioneering
Organizing Influencing Leading/ Being in charge Serving/Helping
Recruiting Interviewing Researching Evaluating Planning Managing
Counseling Cooking Welcoming Financials Classifying
Resourceful Public Relations Repairing Mechanical

2. I feel my most valuable personal asset is.....

PERSONALITY

1. Are you more extroverted or introverted? (Are you energized by time with people or time alone?)
2. Are you more motivated to work with people or work on tasks?
3. Do you prefer to work alone or as a team?
4. Do you like to be in charge or would you rather be a follower? Initiator or responder?

Online resources:

DISC Profile - www.internalchange.com/disc_profile (costs)

Keirsey Temperament Sorter-II – www.advisorteam.org (Free)

Personality Profiles – http://www.classervices.com/CS_Personalities.html (costs)

<http://www.humanmetrics.com/cgi-win/JTypes2.asp>

EXPERIENCES

1. Look over the list of life experiences below and check those you have been through. Be available to walk alongside other women who are struggling in those areas.

- Death of your husband
- Divorce or marital separation
- Marital problems
- Death of a close family member or friend
- Remaining single
- Your own illness or injury
- Losing a close friendship
- Fired from your job, or spouse out of work
- Dissatisfied with your current job
- Having a husband who travels a great deal
- Retirement – you or your husband
- Major change in a family member's health
- Pregnancy
- Unwanted pregnancy
- Miscarriage
- Stillborn infant, or sudden infant death
- Inability to have children; adoption
- Older parents moving into your home
- Aging parents
- Son or daughter leaving home
- Problems with children
- Trouble with in-laws
- Unresolved bitterness within your family

- Absence of romantic love in your marriage
- Low self-esteem
- Problems with teenagers
- Chronic fatigue
- Loneliness
- Menstrual, physiological problems
- Aging
- Depression
- A major geographical move
- Alcoholic parents
- Abused as a child
- Relative/friend with AIDS

2. Family background – How can God use your family background to help you minister to others?

3. Spiritual journey

A. Life situations that God has used to prepare you to minister to others (Difficulties, pain, failure)

B. Accomplishments and significant events

C. Ministry experiences