

Discovering My SHAPE Worksheet

To understand better how God wants us to serve him with our lives, we must examine how he's worked in and through our past to prepare us. Since God planned our SHAPE before we were born, it makes sense that he would leave clues for us about that throughout our life's journey. The things we have a preference for and/or are really good at were likely present in some form in earlier life experiences. Consider the following questions to help you "zero-in on" your unique SHAPE.

1. What do you find easy to do that you do uncommonly well?
2. What can you do so well, and enjoy doing it so much, that you'd do it without pay?
3. What parts of your current job or career do you enjoy most?
4. What are things you've been tasked to do before that you do very poorly and have little interest in continuing, or wish you could stop altogether?
5. What achievements in your life have left you feeling a real sense of satisfaction?
6. What skills/abilities/gifts have you discovered and really been able to sharpen over time?
7. What have others commented favorably about or complimented you directly for being able to do well?
8. What's something you can do that you feel would make the biggest difference in the lives of others?
9. What would you be really disappointed to not have the chance to do ever again?
10. If you knew you have all the resources needed and couldn't fail, what would you like to spend the rest of your life doing?

Circle the realm(s) of activity below that you identify with most:

Working with PEOPLE

Working with IDEAS

Working with THINGS

Circle the area(s) of strength below that characterize you accurately:

Verbalizing

Analyzing

Sensing

Imagining

Directing

Assisting

Designing

Improving

Do you see any relationships between the two exercises above that are worth noting?

Evaluating My Life's important SHAPEing Events

In each age category suggested below, try to recall 3-5 things (good or bad) that occurred in that time period that were important in who you are today. These can include relationships with others, significant accomplishments, authority figures, or important "turning points" in your story. Reproduce this on a larger sheet if needed.

Age 5-10	Age 11-18
Age 19-25	Age 26-30
Age 31-40	Age 41-50
Age 51-60	Age 60 & above

What patterns or similarities can you find in the things you've listed above? Were there similar skills or motivations or environments you excelled in? Any commonalities with persons or events?