



Discovering my unique S.H.A.P.E.

Name _____

Phone _____ Email _____

The body of Christ is only healthy to the degree that its members are using their God-given gifts and abilities in serving one another.

Your Ministry Is Determined By Several Factors:

Discovering my unique S.H.A.P.E.

S

SPIRITUAL GIFTS What am I gifted to do?

"Unwrapping your gift" will give you an overview of spiritual gifts and help you identify which ones you may have been given by God.

H

HEART What do I love to do?

"Monitoring your heartbeat" will help you clarify what you really love to do.

A

ABILITIES What natural abilities do I have?

"Applying your abilities" will help you appreciate the natural talents and vocational skills you have.

P

PERSONALITY Where does my personality best suit me to serve?

"Plugging in your personality" will help you see how your God-given temperament can best be used in ministry.

E

EXPERIENCES What experiences have I had?

"Examining your experiences" will help you review your history to discover how God has prepared you for a unique ministry that only you can fulfill.



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- | | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| Never | | | Sometimes | | Always |
- 21) I can be described as responsible, charitable, and disciplined.
- | | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| Never | | | Sometimes | | Always |
- 22) I don't expect repayment for favors I do for others.
- | | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| Never | | | Sometimes | | Always |
- 23) Others tell me I'm a good listener.
- | | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| Never | | | Sometimes | | Always |
- 24) Communicating the facts in a situation is something I do well.
- | | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| Never | | | Sometimes | | Always |
- 25) I am a task oriented person.
- | | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| Never | | | Sometimes | | Always |
- 26) I find it easy to maintain an optimistic outlook.
- | | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| Never | | | Sometimes | | Always |
- 27) I will stand alone on something I believe in strongly.
- | | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| Never | | | Sometimes | | Always |
- 28) I will not confront others if I feel it may hurt them.
- | | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| Never | | | Sometimes | | Always |
- 29) I give well above my tithe to the Body of Christ.
- | | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| Never | | | Sometimes | | Always |
- 30) While I'm frugal in personal spending, I'm often led to give to others.
- | | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| Never | | | Sometimes | | Always |
- 31) I enjoy research as well as sharing what I find.
- | | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| Never | | | Sometimes | | Always |
- 32) I am compelled to comfort people who are hurting or suffering.
- | | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| Never | | | Sometimes | | Always |



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Spiritual Gifts Assessment Scoring Key:

Directions: Transfer the number (0-5) for each corresponding question. Add the totals up in each column.

The highest possible score in one column would be 30.

QUESTION:	1	6	4	2	7	5	3
	8	12	10	11	16	9	17
	19	13	20	18	21	15	28
	27	14	24	23	22	33	32
	34	25	31	26	29	37	35
	41	38	36	42	30	40	39
TOTALS:							
GIFTS:	Prophet/ Perceiver	Server	Teacher	Exhorter/ Encourager	Giver	Leader/ Administrator	Mercy/ Compassion

My top three spiritual gifts are (three highest scores)

S.H.A.P.E: Spiritual Gifts, **Heart**, Abilities, Personality, Experiences

TAKING A SPIRITUAL EKG

If you are like most people, you have never taken time to sort out and identify the things you are good at and motivated to accomplish. As a result, it is unlikely that you use these talents as completely or effectively as you could. The key to understanding your heartbeat is to look at your past accomplishments.

This exercise is adapted from the book "Finding A Job You Can Love" by Ralph Mattson and Arthur Miller (Nelson, 1982).

STEP 1: LIST AND DESCRIBE THOSE THINGS YOU HAVE DONE WELL AND ENJOYED SINCE CHILDHOOD.

What to include:

- Accomplishments at home, school, work, etc (Forget what other people think about it).
- A. Remember, you're recalling things you enjoyed doing and did well (accomplishments), not simply pleasant experiences.

BAD EXAMPLE: Had a great vacation in Canada.

GOOD: Took some stunning photos during my vacation.



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- B. You don't have to cover every year of your life. Just focus on what **you feel** are the highlights of things you've done.

EXAMPLES

- "I put on plays for the neighborhood kids with costumes, props, etc. We transformed the shed in back of our house into a fairyland with lighting effects, decorations, and princesses."
- "I started a lemon-aid stand in 4th grade and expanded it into three different stands. It was fun and I made money!"
- "I had a job as a printer's assistant and developed a method of cutting stereotypes which was faster and more accurate."
- "I ran for president of everything (and won sometimes) when I was in school."
- "I have always liked to build things. Before I got married, I completely rebuilt the little apartment I was living in."
- "I successfully led protest marches against toxic wastes in my hometown and got local TV coverage."
- "I set a goal to read fifteen books over the summer and I did."

Consider your achievements:

- As a child
- As a teenager
- As an adult

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

(feel free to add another page)



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STEP 2: DISCOVER THE MOTIVATED DIRECTION OF YOUR HEART

Now, go back and examine your achievements for a common motivational thread. You might find a key phrase repeated. See if you can match one of the “heartbeats” listed below as samples.

Remember these are ALL God-given motivations. They are only sinful when used selfishly. Every one of these can be used to effective ministry. Don't be embarrassed to identify a basic heartbeat that doesn't seem spiritual! Almost every one of these can be identified in the ministry of one of the twelve Apostles!

I love to...

- DESIGN/DEVELOP** - I love to make something out of nothing. I enjoy getting something started from scratch.
- PIONEER** - I love to test and try out new concepts. I am not afraid to risk failure.
- OPERATE/MAINTAIN** – I love to efficiently maintain something that is already organized.
- SERVE/HELP** – I love to assist others in their responsibility. I enjoy helping others succeed.
- EXCEL** – I love to be the best and make my team the best. I enjoy setting and attaining the highest standard.
- INFLUENCE** – I love to convert people to my way of thinking. I enjoy shaping the attitudes and behavior of others.
- PERFORM** – I love to be on stage and receive the attention of others. I enjoy being in the limelight.
- IMPROVE** – I love to make things better. I enjoy taking something that someone else has designed or started and improve it.
- REPAIR** – I loved to fix what is broken or change what is out of date.
- LEAD/BE IN CHARGE** – I love to lead the way, oversee and supervise. I enjoy determining how things will be done.
- PERSERVE** – I love to see things to completion. I enjoy persisting at something until it is finished.
- FOLLOW THE RULES** – I love to operate by policies and procedures. I enjoy meeting the expectations of an organization or boss.
- PREVAIL** – I love to fight for what is right and oppose what is wrong. I enjoy overcoming injustice.
- OTHER:** _____
Please specify



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1. What I have a heart for or what motivates me the most:
2. Who I love to work with most (the age or type of people):
3. Needs that excite or concern me the most:

S.H.A.P.E: Spiritual Gifts, Heart, **Abilities**, Personality, Experiences

APPLYING MY ABILITIES

Check those abilities you feel you have:

- Entertaining ability: to perform, act, dance, speak, host
- Recruiting ability: to enlist or motivate others to get involved
- Interviewing ability: to discover what others like, think, or feel
- Researching ability: to read, gather information, and collect data.
- Artistic ability: to conceptualize, picture, draw, paint, photograph, or make renderings
- Graphic ability: to layout, design, create visual displays, or banners.
- Evaluating ability: to analyze and evaluate data and draw conclusions
- Planning ability: to strategize, design, or organize programs or events.
- Managing ability: to supervise others to accomplish a task or event and coordinate the details involved.
- Counseling ability: to listen, encourage, and guide others with sensitivity
- Teaching ability: to explain, train, demonstrate, or tutor others
- Writing ability: to write articles, letters, or books.
- Editing ability: to proofread or rewrite.
- Promoting ability: to advertise or promote events and activities
- Repairing ability: to fix, restore, or maintain things



Discovering my unique S.H.A.P.E.

- Feeding ability: to create meals for groups, large or small.
- Recall ability: to remember names, faces, events, and dates.
- Mechanical ability: to operate equipment, tools, or machinery
- Resource ability: to search out materials or resources needed that is the most effective and efficient.
- Counting ability: to work with numbers, data, and money.
- Classifying ability: to systematize and file, books, data, records, and materials so they can be retrieved.
- Public relations ability: to handle complaints and concerns of others with care and courtesy.
- Welcoming ability: to convey, warmth, develop rapport, and make others feel comfortable.
- Composing ability: to write music or lyrics.
- Landscaping ability: to develop, grow, or maintain a garden or foliage.
- Arts, crafts, and decorating ability: to beautify a setting or event.
- Musical ability: to play an instrument or sing.
- Other _____

1. My current vocation is:
2. Other jobs or skills I have experience in:
3. I feel I have these specialized abilities:

S.H.A.P.E: Spiritual Gifts, Heart, Abilities, **Personality, Experiences**

PLUGGING IN MY PERSONALITY



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Directions: There are 28 groups of words. From each group, make an X in the MOST category for the word that most describes you and make an X in the LEAST category that least describes you. There should be only two X's in each group. Please spend no more than 10 minutes and answer as if you are in a work environment.

	Most	Least		Most	Least		Most	Least		Most	Least
1			8			15			22		
Enthusiastic			Poised			Attractive			Impulsive		
Daring			Observant			Introspection			Introverted		
Diplomatic			Modes			Stubborn			Forceful		
Satisfied			Impatient			Predictable			Easy-Going		
2			9			16			23		
Cautious			Tactful			Logical			Good –Mixer		
Determined			Agreeable			Bold			Refined		
Convincing			Magnetic			Loyal			Vigorous		
Good-Natured			Insistent			Charming			Lenient		
3			10			17			24		
Friendly			Brave			Sociable			Captivating		
Accurate			Inspiring			Patient			Contented		
Outspoken			Submissive			Self-Reliant			Demanding		
Calm			Timid			Soft-Spoken			Compliant		
4			11			18			25		
Talkative			Reserved			Willing			Argumentative		
Controlled			Obliging			Eager			Systematic		
Conventional			Strong-Willed			Thorough			Cooperative		
Decisive			Cheerful			High-Spirited			Light-Hearted		
5			12			19			26		
Adventurous			Stimulating			Aggressive			Jovial		
Insightful			Kind			Extroverted			Precise		
Outgoing			Perceptive			Amiable			Direct		
Moderate			Independent			Fearful			Even-Tempered		
6			13			20			27		
Gentle			Competitive			Confident			Restless		
Persuasive			Considerate			Sympathetic			Neighborly		
Humble			Joyful			Impartial			Appealing		
Original			Private			Assertive			Careful		
7			14			21			28		
Expressive			Fussy			Well-Disciplined			Respectful		
Conscientious			Obedient			Generous			Pioneering		
Dominant			Firm			Animated			Optimistic		
Responsive			Playful			Persistent			Helpful		



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S.H.A.P.E: Spiritual Gifts, Heart, Abilities, Personality, **Experiences**

EXAMINING MY EXPERIENCES

Record your experiences: (please use additional paper as needed)

MY SPIRITUAL JOURNEY- This is how and when I became a Christian and what it has meant to me since then:

Times when I have felt closest to God and meaningful spiritual experiences that stand out in my mind:

MY PAINFUL EXPERIENCES- These are the kinds of trials or problems I can relate to and use to encourage a fellow Christian that is going through similar experiences:

MY EDUCATIONAL EXPERIENCES- Where I attended school and favorite subjects:

Seminars or meetings that have been meaningful to me:

MY MINISTRY EXPERIENCES-Where I have served in the past (church, location, position of service and years involves, if applicable):

Based on what I now know, I feel that I may be best equipped to serve in these areas:

1. _____
2. _____
3. _____

Your SHAPE profile will best serve you with the assistance of a ministry coach.