

ABILITIES TEST

There are moments in life when we feel fully alive, energized, and full of passion. There are also times when we feel frustrated, drained, and no sense of purpose. Your God-given abilities play a significant role in how you feel and approach life. God has given each of us certain abilities—things that you are gifted at both mentally and physically. Some of us are keenly aware of our abilities. While many of us use our abilities without even realizing it. Often, we try to use abilities that we do not possess and as a result we become frustrated and feel unfulfilled in our lives. But when we operate within our God-given abilities our lives take on a sense of purpose.

STEP ONE

Look over the list below and circle the abilities you feel you are passionate about and the ones that best fit you.

Acting	Dreaming	Motivating
Advising	Editing	Music
Analyzing	Empathizing	Negotiating
Animal Care	Empowering	Networking
Arranging	Encouraging	Nurturing
Artistic	Engineering	Operating Equipment
Athletics	Entertaining	Organizing
Beautifying	Entrepreneur	Painting
Brainstorming	Equipping	Persuading
Bookkeeping	Evaluating	Problem solving
Caregiving	Executing	Promoting
Carpentry	Experimenting	Public Relations
Coaching	Exploring	Public Speaking
Communicating	Facilitating	Reading
Competing	Finances	Recruiting
Computing	Food Preparation	Revitalizing
Connecting	Foreign Languages	Researching
Constructing	Fundraising	Risk Taking
Consulting	Giving	Selling
Coordinating	Hospitality	Serving
Counseling	Humor	Shopping
Creativity	Landscaping	Strategizing
Dancing	Leading	Studying
Debating	Listening	Supervising
Designing	Managing Money	Systems
Developing	Managing People	Teaching
Directing	Marketing/Advertising	Training
Discipling	Memorizing	Vision
Drawing	Mentoring	Writing

Were there any of abilities you have that were not listed? Write them down below:

STEP TWO

Use the following questions to help you narrow down your list to ten abilities or less:

What do I enjoy doing? What am I doing when time flies? What comes easy for me? What do others say I'm good at?

What do others celebrate and encourage me to do?

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STEP THREE

Choose your top five abilities from the list and then rank them in order of importance:

1.

2.

3.

4.

5.
