

SHAPE- Assignment #4

Embrace the Things You Love to Do

This assignment will help you begin the process of identifying your God-given abilities. As you review each ability, rank yourself according to whether you love it, like it, or can live without it.

Love It! = LV

You can imagine life without these activities. They make your day complete. Given a choice, you would do these things full-time. These abilities are the way you will meet the needs of the people group you identified in the last assignment. They can be—but don't have to be—part of your job. Your nine-to-five life may be just tent making, as it was for the Apostle Paul. If you are unsatisfied by what you do full-time, finding what you love to do most could become what you do full-time.

Like it! = LK

You may enjoy these activities, but don't need to do them on a regular basis in order to feel satisfied. Your attitude toward them is "I can take it or leave it." For example, you may enjoy coaching or teaching, but these things don't satisfy you like the things you really love.

Live without! = WO

These activities leave you feeling slightly deflated and disappointed, compared to what you love doing. When faced with the prospect of having to do these things, your immediate response is to think about *not* doing them. When you have to carry out these responsibilities on a frequent basis, you feel drained. You may be able to adequately perform these tasks, but you have little or no desire to do them.

The following abilities are fairly common, but this alphabetical list is in no way exhaustive.

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|---|----|----|----|
| Adapting: The ability to adjust, change, alter, modify. | LV | LK | WO |
| Administering: The ability to govern, run, rule. | LV | LK | WO |
| Analyzing: The ability to examine, investigate, probe, evaluate. | LV | LK | WO |
| Building: The ability to construct, make assemble. | LV | LK | WO |
| Coaching: The ability to prepare, instruct, train, equip, develop. | LV | LK | WO |
| Communicating: The ability to share, convey, impart. | LV | LK | WO |
| Competing: The ability to contend, win, battle. | LV | LK | WO |
| Computing: The ability to add, estimate, total, calculate. | LV | LK | WO |
| Connecting: The ability to link together, involve, relate. | LV | LK | WO |
| Consulting: The ability to advise, discuss, confer. | LV | LK | WO |
| Cooking: The ability to prepare, serve, feed, cater. | LV | LK | WO |
| Coordinating: The ability to organize, match, harmonize. | LV | LK | WO |
| Counseling: The ability to guide, advise, support, listen, care for. | LV | LK | WO |
| Decorating: The ability to beautify, enhance, adorn. | LV | LK | WO |
| Designing: The ability to draw, create, picture, outline. | LV | LK | WO |
| Developing: The ability to expand, grow, advance, increase. | LV | LK | WO |

| | | | |
|--|----|----|----|
| Directing: The ability to aim, oversee, manage, supervise. | LV | LK | WO |
| Editing: The ability to correct, amend, alter, improve. | LV | LK | WO |
| Encouraging: The ability to cheer, inspire, support. | LV | LK | WO |
| Engineering: The ability to construct, design, plan. | LV | LK | WO |
| Facilitating: The ability to help, aid, assist, make possible | LV | LK | WO |
| Forecasting: The ability to predict, calculate, see trends. | LV | LK | WO |
| Implementing: The ability to apply, execute, make happen. | LV | LK | WO |
| Improving: The ability to better, enhance, further, enrich. | LV | LK | WO |
| Influencing: The ability to affect, sway, shape, change. | LV | LK | WO |
| Landscaping: The ability to garden, plant, improve. | LV | LK | WO |
| Leading: The ability to pave the way, direct, excel, win. | LV | LK | WO |
| Learning: The ability to study, understand, improve, expand self. | LV | LK | WO |
| Managing: The ability to run, handle, oversee. | LV | LK | WO |
| Mentoring: The ability to advise, guide, teach. | LV | LK | WO |
| Motivating: The ability to provoke, induce, prompt. | LV | LK | WO |
| Negotiating: The ability to discuss, consult, settle. | LV | LK | WO |
| Operating: The ability to run mechanical or technical things. | LV | LK | WO |
| Organizing: The ability to simplify, arrange, fix, classify, coordinate. | LV | LK | WO |
| Performing: The ability to sing, speak, dance, play an instrument, act out. | LV | LK | WO |
| Pioneering: The ability to bring about something new, groundbreaking, original. | LV | LK | WO |
| Planning: The ability to arrange, map out, prepare. | LV | LK | WO |
| Promoting: The ability to sell, sponsor, endorse, showcase. | LV | LK | WO |
| Recruiting: The ability to draft, enlist, hire, engage. | LV | LK | WO |
| Repairing: The ability to fix, mend, restore, heal. | LV | LK | WO |
| Researching: The ability to seek, gather, examine, study. | LV | LK | WO |
| Resourcing: The ability to furnish, provide, deliver. | LV | LK | WO |
| Serving: The ability to help, assist, fulfill. | LV | LK | WO |
| Strategizing: The ability to think ahead, calculate, scheme. | LV | LK | WO |
| Teaching: The ability to explain, demonstrate, tutor. | LV | LK | WO |
| Translating: The ability to interpret, decode, explain, speak. | LV | LK | WO |
| Traveling: The ability to journey, visit, explore. | LV | LK | WO |
| Visualizing: The ability to picture, imagine, envision, dream, conceptualize. | LV | LK | WO |
| Welcoming: The ability to entertain, greet, embrace, make comfortable. | LV | LK | WO |
| Writing: The ability to compose, create, record. | LV | LK | WO |

Your top abilities: Assuming that you LOVE more than five of the fifty items, go back and choose the five that most define you. Having less than five is fine too. Feel free to add some abilities that describe you.

1. _____
2. _____
3. _____
4. _____
5. _____