

S.H.A.P.E. : Abilities

Check the natural abilities you excel at and “love” doing.

- Adapting:** The ability to adjust, change, alter, modify.
- Administrating:** The ability to govern, run, rule.
- Analyzing:** The ability to examine, investigate, probe, evaluate.
- Building:** The ability to construct, make, assemble.
- Coaching:** The ability to prepare, instruct, train, equip, develop.
- Communicating:** The ability to share, convey, impart.
- Competing:** The ability to contend, win, battle.
- Computing:** The ability to add, estimate, total, calculate.
- Connecting:** The ability to link together, involve, relate.
- Consulting:** The ability to advise, discuss, confer.
- Cooking:** The ability to prepare, serve, feed, cater.
- Coordinating:** The ability to organize, match, harmonize.
- Counseling:** The ability to guide, advise, support, listen, care for.
- Decorating:** The ability to beautify, enhance, adorn.
- Designing:** The ability to draw, create, picture, outline.
- Developing:** The ability to expand, grow, advance, increase.
- Directing:** The ability to aim, oversee, manage, supervise.
- Editing:** The ability to correct, amend, alter, improve.
- Encouraging:** The ability to cheer, inspire, support.
- Engineering:** The ability to construct, design, plan.
- Facilitating:** The ability to help, aid, assist, make possible.
- Forecasting:** The ability to predict, calculate, see trends, patterns, and themes.
- Implementing:** The ability to apply, execute, make happen.
- Improving:** The ability to better, enhance, further, enrich.
- Influencing:** The ability to affect, sway, shape, change.
- Landscaping:** The ability to garden, plant, improve.
- Leading:** The ability to pave the way, direct, excel, win.
- Learning:** The ability to study, gather, understand, improve, expand self.
- Managing:** The ability to run, handle, oversee.
- Mentoring:** The ability to advise, guide, teach.

- Motivating:** The ability to provoke, induce, prompt.
- Negotiating:** The ability to discuss, consult, settle.
- Operating:** The ability to run mechanical or technical things.
- Organizing:** The ability to simplify, arrange, fix, classify, coordinate.
- Performing:** The ability to sing, speak, dance, play an instrument, act out.
- Pioneering:** The ability to bring about something new, groundbreaking, original.
- Planning:** The ability to arrange, map out, prepare.
- Promoting:** The ability to sell, sponsor, endorse, showcase.
- Recruiting:** The ability to draft, enlist, hire, engage.
- Repairing:** The ability to fix, mend, restore, heal.
- Researching:** The ability to seek, gather, examine, study.
- Resourcing:** The ability to furnish, provide, deliver.
- Serving:** The ability to help, assist, fulfill.
- Strategizing:** The ability to think ahead, calculate, scheme.
- Teaching:** The ability to explain, demonstrate, tutor.
- Translating:** The ability to interpret, decode, explain, speak.
- Traveling:** The ability to journey, visit, explore.
- Visualizing:** The ability to picture, imagine, envision, dream, conceptualize.
- Welcoming:** The ability to entertain, greet, embrace, make comfortable.
- Writing:** The ability to compose, create, record.

Your top abilities: Assuming that you've checked more than five of the fifty items, go back and choose the five that most define you. If you've chosen five or less, note them here also.

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

Look once more at your list of top abilities. Is there anything on that list you couldn't live without? Remember, the goal is to embrace and express the natural abilities - those things God has allowed you to excel at - so you can use them to fulfill your Kingdom Purpose without anxiety or fear of failure.

* What are some ways you can use the things you love to do **in your home** this week?

* What are some ways you can use the things you love to do **at work** this week?

* What are some ways you can use the things you love to do **at church** this week?

* What are some ways you can use the things you love to do **in your LifeGroup** this week?

**from S.H.A.P.E. by Erik Rees