



# SHAPE: Personality

God loves diverse personalities. All have something to offer in his kingdom. It's helpful to understand your own personality so you can find modes of service that fit you. It's also helpful to understand other people's personalities so you can appreciate them and benefit from their differences. Mark where you fall on each of the scales below.

## RELATING TO OTHERS:

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### *How are you energized? What recharges your inner batteries?*

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#### **Extrovert**

I get energy from:

- \* being with people.
- \* working with a team.
- \* focusing on what is happening *around me.*

#### **Introvert**

I get energy from:

- \* having time alone.
- \* working alone or one-on-one.
- \* focusing on what is happening *inside me.*

Extroverted

3

2

1

1

2

3

high

low

low

high

Introverted

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### *How expressive are you?*

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#### **Self-Controlled**

I like to:

- \* reflect before I speak.
- \* be in control of my moods.
- \* restrain my reactions.

#### **Self-Expressive**

I like to:

- \* express openly what I think.
- \* express openly what I feel.
- \* feel deeply and think strongly.

Self-Controlled

3

2

1

1

2

3

high

low

low

high

Self-Expressive

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***How do you usually relate to others?***

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**Cooperative**

I like to:

- \* work together.
- \* aim for a shared goal.
- \* not have winners and losers.
- \* enjoy the process as much as the goal.

**Competitive**

I like to:

- \* compete against an opponent.
- \* aim for a goal.
- \* celebrate victory.
- \* win.

Cooperative

3

2

1

1

2

Competitive

3

high

low

low

high

**RESPONDING TO OPPORTUNITIES:**

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***What kinds of tasks do you prefer?***

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**Routine**

I like tasks that:

- \* are predictable.
- \* are similar every day.
- \* require more action than decision.

**Variety**

I like tasks that:

- \* are unpredictable.
- \* are different every day.
- \* require many decisions.

Routine

3

2

1

1

2

Variety

3

high

low

low

high

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## ***Do you enjoy risk?***

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### **High-Risk**

I tend to:

- \* relish chaotic environments
- \* become motivated when I have the chance to overcome obstacles

### **Low-Risk**

I tend to:

- \* avoid too much change
- \* thrive when risk is very low

High-Risk

3

2

1

1

2

3

high

low

low

high

Low-Risk

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## ***Do you prefer people or projects?***

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### **People**

I tend to:

- \* embrace opportunities that impact people directly.
- \* find fulfillment when working one-on-one or in a small group

### **Process/Projects**

I tend to:

- \* look for ways to complete projects
- \* enjoy coordinating many projects

People

3

2

1

1

2

3

high

low

low

high

Process/Projects

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***Do you prefer to follow or lead?***

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**Lead**

I tend to:

- \* find myself in positions of leadership
- \* impact others with my life

**Follow**

I tend to:

- \* feel comfortable when I can follow someone else
- \* enjoy helping others find success

Lead

3

2

1

1

2

Follow

3

high

low

low

high

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***Do you prefer to work with a team or by yourself?***

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**Teamwork**

I tend to:

- \* Enjoying working in a team
- \* Become energized by being around others

**Solo**

I tend to:

- \* work most effectively when I'm alone
- \* look for opportunities that allow me to operate solo

Teamwork

3

2

1

1

2

Solo

3

high

low

low

high

Summarize your primary personality pattern. What is the mix that makes up your unique wiring from God?

*\*In relating to others:*

*\*In responding to opportunities:*

Who are two sources of wisdom, support, and encouragement with whom you can share your findings to affirm or help you further clarify what you've discovered about yourself?

What are two steps you can take this week to allow your personality to shine for God's glory?

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