

Who Am I? Part Two

Step Three: My Intelligences

Underline the ones you are strongest in.

Verbal/Linguistic – good with words, writing, or communication (journalist, public speaker, teacher, translator)

Logical/Mathematical – good with numbers, analysis, or reasoning (bank teller, physicist, engineer, programmer)

Visual/Spatial – good at visualizing, pictures, thinking in 3-D (architect, pilot, sculptor, interior designer)

Bodily/Kinesthetic – good coordination and fine motor skills (dancer, artist, surgeon, athlete)

Musical – good with sounds, music, rhythm, discerning pitch and timbre (musician, conductor, sound mixer)

Naturalistic – good at understanding living things and nature (farmer, hunter, biologist, dog trainer)

Interpersonal – good with people, empathy, social situations (nurse, teacher, politician)

Intrapersonal – good at understanding themselves: self aware, authentic, in touch with inner thoughts and emotions (pastor, psychologist, writer)

Existential – good at pondering the meaning, origins, and purpose of life. (philosopher, poet, theologian, activist)

Step Four: My Past

Take time to ponder each question, looking for the truest answers, which might not be the first thing that comes to mind. You might want to think them over for a day or two before answering.

My Passions

List your favorite things to do, the things that make you forget about meals or bedtime, the things that excite some deep part of you.

Childhood/ teen years (0-18):

Young adult years: (18-25)

Middle years: (25-45)

Later years: (45+)

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Can you see how those passions...
Have guided your career or ministry path?

Are still a source of pleasure or stress release today?

Have inspired you to pursue your dreams?

What passion from your youth might you enjoy bringing back into your life?

My Wounds

List the events or ongoing issues that wounded you. Be honest, and don't judge yourself. Don't ignore issues you think are too inconsequential. If it hurt at the time, it's legitimate.

Childhood/ teen years (0-18):

Young adult years: (18-25)

Middle years: (25-45)

Later years: (45+)

Can you see how the wounds in your past...
Affect what breaks your heart today?

Have enabled you to serve others effectively?

Have enabled you to overcome obstacles?