

# The **SHAPE** of you

## Your abilities

### Rate these specialised abilities on this scale:

**Love it:** You can't imagine life without putting these abilities into practice. Given the choice, you would use them full time, paid or not. When you do, you feel a sense of personal fulfilment and purpose. You may also feel like a vitally important part of something bigger when you contribute these abilities to a group's activity.

**Like it:** You may enjoy putting these abilities into practice, but you don't feel that you need to use them regularly in order to feel satisfied. Your attitude towards these abilities is that you could take or leave them. You might be happy to contribute them to a group when needed, but they don't feel as satisfying as using the abilities you really love.

**Lump it:** Putting these abilities into practice leaves you feeling deflated or disappointed, compared with what you love doing. When facing the prospect of needing to use these abilities, you look for ways to avoid the situation or do something else instead. When you use these abilities frequently, you feel drained and demotivated.

**Not me:** You feel that you have virtually no appetite to acquire or practise these abilities. You would much rather ask someone else to do them for you instead.

*Adapted from S.H.A.P.E. by Erik Rees, Zondervan Publishing*

Ability	Love it	Like it	Lump it	Not me
Adapting: the ability to adjust, change, alter, modify				
Administering: the ability to govern, run, rule				
Analysing: the ability to examine, investigate, evaluate				
Building: the ability to construct, make, assemble				
Coaching: the ability to prepare, train, equip, develop				
Communicating: the ability to share, convey, impart				
Computing: the ability to add, estimate, total, calculate				
Connecting: the ability to link, involve, relate				
Consulting: the ability to advise, discuss, confer				
Cooking: the ability to prepare, serve, feed, cater				
Coordinating: the ability to organise, match, harmonise				
Counselling: the ability to guide, support, listen, care for				
Competing: the ability to contend, win, battle				
Decorating: the ability to beautify, enhance, adorn				
Designing: the ability to draw, create, picture, outline				
Developing: the ability to expand, grow, advance				

<b>Ability</b>	<b>Love it</b>	<b>Like it</b>	<b>Lump it</b>	<b>Not me</b>
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, assist, make possible				
Forecasting: the ability to predict, see trends 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, envision, improve				
Leading: the ability to pave the way, direct, excel				
Learning: the ability to study, gather, understand, expand				
Managing: the ability to run, handle, oversee				
Mentoring: the ability to listen, advise, guide, teach				
Motivating: the ability to provoke, induce, prompt				
Negotiating: the ability to discuss, consult, settle				
Operating: the ability to run mechanical/technical things				
Organising: the ability to simplify, arrange, fix, coordinate				
Performing: the ability to speak, sing, play, act out				
Pioneering: the ability to bring new things, break ground				
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, fulfil, meet needs				
Strategising: the ability to think ahead, calculate, scheme				
Teaching: the ability to explain, demonstrate, tutor				
Translating: the ability to interpret, decode, explain				
Traveling: the ability to journey, visit, explore				
Visualising: the ability to picture, imagine, conceptualise				
Welcoming: the ability to entertain, greet, make comfy				
Writing: the ability to compose, create, record				

**What top 5 abilities most define you?**