

THE WAY OF FRUITFULNESS

EXERCISE 4: BENT

PERSONAL PERSPECTIVE

Personality

- What kind of activities give you energy (even if they are hard)? _____

- In what situations do you feel most “yourself?” _____

- What is a time you got lost in flow or focus? What were you doing? _____

- What kind of problems are you instinctively drawn to solve? _____

SUMMARY STATEMENT:	<i>Add to:</i>
_____	<input checked="" type="checkbox"/>
_____	<input type="checkbox"/>

Gifts / Skills

- What gifts/skills come most naturally to you? What gifts/skills have you worked to develop? What comes easily to you but seems hard to others?

- What kind of work or service fills you with joy or purpose? _____

SUMMARY STATEMENT:

Add to:



OUTSIDE PERSPECTIVE

Personality

- What kind of person do others say you are when you are at your best? _____

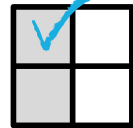
- What kind of person do others say you are when you are at your worst? _____

- What traits do others say define how you lead, relate, or show up? _____

- What insights have you gained from personality profiles like DISK, MBTI, etc.?

SUMMARY STATEMENT:

Add to:



Gifts/Skills

- What roles do people often ask you to fill? _____

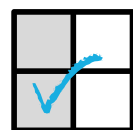
- What affirmations have you consistently received? _____

- Describe a time when some told you, "You're made for this. _____

- What do people thank you for? _____

SUMMARY STATEMENT:

Add to:



BENT MATRIX

OUTSIDE

PERSONAL

PERSONALITY

SUMMARY STATEMENT

(What others have said about how you show up)

SUMMARY STATEMENT

(How you experience your natural tendencies)

GIFTS/SKILLS

SUMMARY STATEMENT

(What others see that you are uniquely gifted at)

SUMMARY STATEMENT

(What you've noticed that you are effective at doing)

SUMMARY STATEMENT:

My "bent" is to _____

in a way that _____