

Handout 4:

PERSONAL REFLECTION ON YOUR ABILITIES



The aim of this Reflection exercise is to help you become more aware of all the abilities you have (knowledge, skills, talents, strengths) for serving God and others.

There are 4 lists of abilities. Note that this is definitely not a comprehensive list of abilities – this is just a general starter list, to which you can add more of your own special abilities.

Instructions:-

1. Go through each *ability* in the four lists on page 2:
 - Put nothing against the ones where you think you have no ability
 - Put one tick in front of the ones in which you have a moderate level of ability
 - Put two ticks in front of the ones where you have a strong ability.
2. Ask yourself
 - a) “*What do I know most about?*” Add your answers to the *Information* column on the right
 - b) Add any further abilities you have to the other columns on the sheet
 - c) Look at all the words you have added on page 2 and put one or two ticks against each.
3. Show your list to at least one person who knows you well and is likely to be honest and objective. Ask them to:
 - a) tell you whether they agree with your ticks; and
 - b) add any other ticks or extra words for further abilities which they think you have.
4. At the bottom of page 2, write out a list of your strongest abilities (the ones where you and the people you consulted, have agreed to put two ticks). Some of them are probably even stronger than others – so put the strongest ones at the beginning of your list and underline them.

(Continued on next page)

CHECKLIST OF ABILITIES

✓	THINGS	✓	PEOPLE	✓	IDEAS	✓	INFORMATION
	Creating Constructing Putting together Mending Maintaining Collecting things Operating things and machines Building Playing instrument Visual arts Crafts Decorating Cooking Gardening Cleaning Organising Demonstrating Tending animals Sports Driving		Caring Encouraging Welcoming Teaching Peace-making Challenging Supporting Leading Motivating Counselling Healing Managing Listening Befriending Networking Collaborating Serving Visiting Delegating Helping Hospitality Relating to: Children Youth Adults Elderly		Planning Writing Inventing Designing Communicating Exploring Initiating Promoting Composing music Dramatic arts Singing Thinking Inspiring Causing change Adapting Vision-forming Clarifying Explaining Maintain principles Public speaking		Researching Informing Administration Finance Ordering Advising Discerning Analysing Remembering Sorting Checking Recording Chairing Instructing Discovering Summarising Finding out Listing Categorising Describing

My strongest abilities (ie. where I and the people I consulted have agreed to put two ticks), are:

.....

.....

.....

Thank God for your abilities!