

Handout 5: PERSONAL REFLECTION ON YOUR PERSONALITY



Who am I?

Your personality consists of many ingredients, such as your character, style, attitudes, preferences, personal qualities, strengths and weaknesses. Your personality has been shaped by your genetic make-up (Nature) and by your life-experiences, relationships, culture and circumstances (Nurture).

Who should I be?

Yourself! There is no such thing as an “ideal Christian”. God has made us all different on purpose. None of us are perfect (yet!!!), but God wants to use you as you are. He wants you to serve him in roles and contexts where your particular personality will be able to thrive and contribute effectively.

In order to discover what those ideal roles and contexts for your unique calling might be, you need to keep growing in self-awareness of your own personality. The following exercise should help with this process.

ACTION TO TAKE:

- 1. Look at the grid over the page.** Before asking anyone else, ask yourself the question in the left hand column. How do you see your own personality and character? Jot down your answers in the column headed “Yourself”. (Don’t agonise over it - answer quickly, spontaneously and honestly).
- 2. If you wish,** ask a work colleague; a friend; a parent; a spouse or partner the questions in the first column. Don’t warn them or give them time to think in advance about their answers. Say that you want their gut-reactions, answers “off the top of their heads”; the first words which come to their minds.
- 3. Jot down each of the words they mention in the relevant column.** (Aim to get at least 5 words from each person). Don’t omit words which have already been mentioned by someone else.
- 4. When you have gathered your feedback, look at the answers on your grid.** Are there any words which have been mentioned by more than one person? Do any particular characteristics emerge strongly? (If so, write them at the bottom of the page).

5. **Compare the column headed “Yourself” with the other columns.**
 Does the way you see yourself, match how other people see you? Any surprises or encouragements? (Write at the bottom of the page).

NAME..... FEEDBACK ON MY PERSONALITY

QUESTION TO ASK:	Yourself	Other	Other
What words come to your mind to describe my personality and character?			

Record here your own reflections on the answers afterwards:

- Which characteristics emerge most strongly?
- Does how you see yourself, match how other people see you?
- Any surprises or encouragements?