

Unleash Your Creative Potential

Worksheet 1 – My Giftlist

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Purpose

Every one of us has gifts that we can offer to serve needs in the world. These gifts provide a clue to our life’s purpose. The Giftlist is to help you to increase awareness of what your “gifts” are. Our gifts tend to be those things that we most enjoy or love doing. They are not necessarily things that we’re good at. However, if you enjoy doing them, then you can, with effort improve your ability. Conversely, if you’re good at something but don’t enjoy it, you may find other ways to apply this gift that bring you joy.

Instructions:

Read through the list, and *only* for those activities that you enjoy or are interested in place 1, 2 or 3 ticks in each of the following columns:

- **“Good At”** : ✓ = Ok, ✓✓ = Good, ✓✓✓ = Very good to expert
- **“Love Doing”**: ✓ = Like doing this, ✓✓ = Really like doing this, ✓✓✓ = Love doing this
- **“Do More”** : ✓ = Happy to do some of this, ✓✓ = want to do more of this, ✓✓✓ = want to do a lot more of this

In the **“What?”** column, enter the thing that the Activity applies to. For example:

Activity	What?
Acting	“in School Plays”
Arranging	“Flowers”
Analysing	“Maths Problems”
Building	“Decks”

If an activity you’re interested in isn’t listed, just add it to the other side of this sheet. Now before you start ticking and writing, take a look at the sample sheet at the end.

Good At	Love doing	Activity	What?	Do more?	Good at	Love doing	Activity	What?	Do more?
		Acting					Inventing		
		Advertising					Jumping		
		Analysing					Knitting		
		Arranging					Launching		
		Assessing					Leading		
		Blogging					Listening		
		Building					Managing		
		Calling					Marketing		
		Caring					Massaging		
		Catching					Meditating		
		Chairing					Meeting		

Good At	Love doing	Activity	What?	Do more?	Good at	Love doing	Activity	What?	Do more?
		Checking					Negotiating		
		Cleaning					Nurturing		
		Climbing					Organising		
		Coaching					Painting		
		Collecting					Participating		
		Communicating					Performing		
		Connecting					Planning		
		Convincing					Planting		
		Cooking					Playing		
		Creating					Practising		
		Curing					Praying		
		Cycling					Presenting		
		Dancing					Programming		
		Defending					Promoting		
		Delivering					Prosecuting		
		Designing					Reading		
		Developing					Receiving		
		Diagnosing					Reporting		
		Directing					Researching		
		Discovering					Reviewing		
		Discussing					Riding		
		Drawing					Rowing		
		Driving					Running		
		Engaging					Selling		
		Entertaining					Sewing		
		Estimating					Skiing		
		Experimenting					Solving		
		Exploring					Speaking		
		Facilitating					Supporting		
		Filming					Surfing		
		Finding					Talking		
		Fishing					Teaching		
		Flying					Testing		
		Giving					Throwing		
		Growing					Training		
		Guiding					Treating		
		Helping					Tutoring		
		Hiking					Walking		
		Implementing							

Example Giftlist

Good At	Love doing	Activity	What?	Do more?	Good at	Love doing	Activity	What?	Do more?
		Acting			✓	✓✓	Inventing	New strategies for engagement & improvement	✓✓
		Advertising					Jumping		
		Analysing					Knitting		
		Arranging					Launching		
		Assessing			✓✓	✓✓✓	Leading	Personal development Activities and Groups	✓✓✓
✓	✓✓	Blogging	Discovering Your Gifts	✓✓	✓	✓✓✓	Listening	To people's stories	✓✓✓
		Building			✓✓✓	✓✓	Managing	Programs and projects	✓✓
		Calling					Marketing		
		Caring					Massaging		
		Catching			✓✓	✓✓	Meditating		✓✓✓
		Chairing					Meeting		
		Checking					Negotiating		
		Cleaning			✓✓	✓✓✓	Nurturing	Young talent & leaders	✓✓✓
		Climbing			✓✓✓	✓✓	Organising	Events, Retreats, Activities	✓✓✓
✓✓	✓✓✓	Coaching	Junior Leaders, Gift Coaching	✓✓✓	✓	✓	Painting	For pleasure	✓✓
		Collecting					Participating		
		Communicating			✓	✓✓✓	Performing	Singing, Karaoke, Shakespeare	✓✓
✓✓	✓✓✓	Connecting	People with their complementary talents		✓✓✓	✓✓	Planning	Projects, Events	✓✓
		Convincing					Planting		
		Cooking					Playing		
		Creating					Practising		
		Curing					Praying		
		Cycling					Presenting		
		Dancing					Programming		
		Defending					Promoting		
		Delivering					Prosecuting		
		Designing					Reading		
		Developing					Receiving		
		Diagnosing					Reporting		
		Directing					Researching		
		Discovering					Reviewing		
		Discussing					Riding		

Worksheet 2 – My Personal Compass

Purpose:

Once we've developed an awareness of our gifts, it's useful to understand our personal compass. This is a guide for considering the different parts of our life in which we engage in activity and apply effort. It can be useful in helping us to decide where we wish to direct our gifts and creativity.

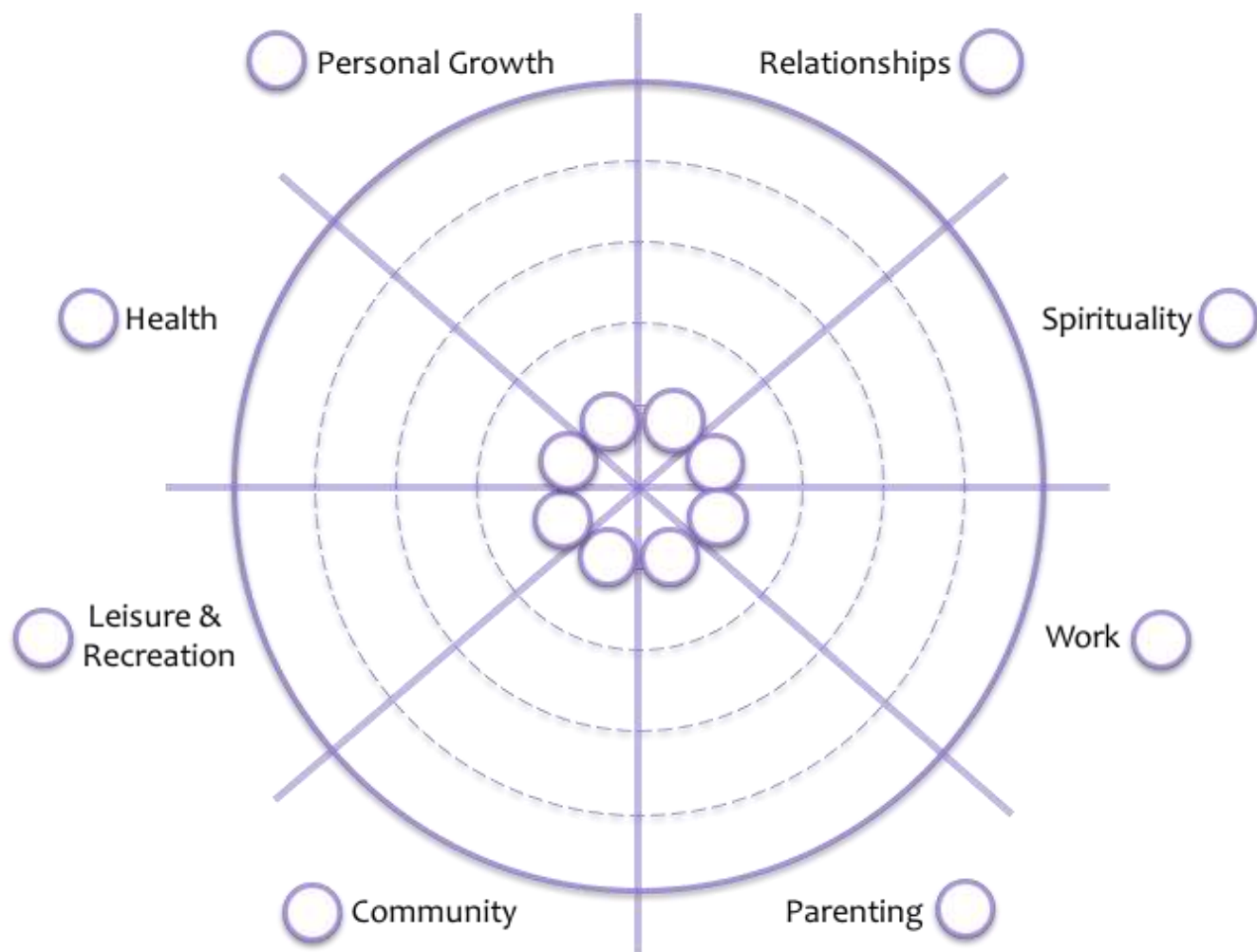
Instructions: (see example below)

In each sector write key words or a phrase that are meaningful:

- What sort of person do you want to be?
- Strengths & qualities to cultivate?
- What do you stand for?
- What do you want to do?

Then score:

- Inner circle – How important is this to you) (0-10)
- Outer circle – How effectively are you living by this now?



Example Personal Compass

