

# ABILITIES ("A" in S.H.A.P.E.)

Your abilities are the natural talents with which you were born or which began to develop at an early age.

One of the most common excuses people give for not succeeding is "I just don't have any abilities to offer." This is ludicrous. You have dozens, probably hundreds, of untapped, unrecognized, and unused abilities that are lying dormant inside you.

Many studies have revealed that the average person possesses from 500 to 700 different skills and abilities—far more than you realize.

You are the only person on earth who has, and can, use your unique set of abilities. No one else can play your role, because they don't have the unique shape that God has given you.

To discover your purpose in life, you should seriously examine what you are good at doing, and what you're not good at doing. You can then develop your abilities and talents into real strengths.

We've all seen those who have an ability to consistently provide near-perfect performance in a specific activity.

When you see him or her perform that activity, you think, "She makes it look so easy!" or "He's a natural!"

How can that be? How can they so consistently perform with such excellence? The answer is simple: It *is* easy for her. He *is* a natural. But he and she have also worked hard at it.

Each is performing at such a high level simply by building upon how he or she most naturally thinks, feels, works and behaves: using the strengths that come from their greatest talents or abilities.

As unique individuals, we each have our own special ways of successfully approaching the people, events and tasks in our lives. And our greatest talents are always there for us. We instinctively use them in almost any situation; eg:

*an inner drive to compete,  
sensitivity to the needs of others,  
finely honed discernment  
the tendency to be outgoing at social gatherings*

These are examples of abilities.

For some of us, our talents make us great musicians, artists, athletes, builders, architects, teachers, nurses, doctors, ..... etc.)

Others have tremendous abilities in communicating, caring for others, giving of themselves (their time, talent, treasure).... The lists are endless.

Look closely at your friends, family, and coworkers. You will see exceptional talent, abilities and strengths; perhaps more than they can see.

Ask them to look closely at you and tell you what abilities they see in you.

# MY ABILITIES

Check all that apply

**Instructions:** Check the abilities that best describe you below (that you and/or others see in you). If none of the words on the list fits you, feel free to add your own on the "other" line.

1. **Entertaining ability:** To perform, act, speak, sing
2. **Recruiting ability:** to enlist and motivate people to get involved
3. **Interview ability:** to discover what others are really like
4. **Researching ability:** to read, gather information, collect data
5. **Artistic ability:** to create or design
6. **Graphics ability:** to lay out, design, create visual displays or banners
7. **Evaluating ability:** to analyze data and draw conclusions
8. **Planning ability:** to strategize, design and organize programs and events
9. **Managing ability:** to supervise people to accomplish a task or event and coordinate the details
10. **Counseling/Encouraging ability:** to listen, encourage and guide with sensitivity
11. **Athletic ability:** to coach or participate in a sport
12. **Teaching ability:** to explain, train, demonstrate, tutor
13. **Writing ability:** to write articles, letters, books
14. **Linguistic ability:** to speak and write in one or more of the following languages:  
Please specify: \_\_\_\_\_
15. **Editing ability:** to proofread or rewrite
16. **Promoting ability:** to advertise or promote events and activities
17. **Repairing ability:** to fix, restore, maintain
18. **Hobby related ability:** to work with your hands in the following areas
  - Canning
  - Woodworking
  - Gardening
  - Sewing
  - Knitting/Crocheting
  - Cooking
  - Furniture Construction/Repair
  - Other \_\_\_\_\_
19. **Feeding ability:** to create meals for large or small groups
20. **Recall ability:** to remember or recall names and faces
21. **Mechanical operating ability:** to operate equipment, tools or machinery
22. **Technical ability:** to operate/repair equipment in the following area(s)
  - Recording Studio
  - Audio/Technical Support
  - Information Systems (Web)
  - Set Up/Tear Down
  - Media/Tape
  - PowerPoint
  - Video Artist/Technician
  - Lighting Technician
  - Other \_\_\_\_\_
23. **Resourceful ability:** to search out and find inexpensive materials or resources needed
24. **Counting ability:** to work with numbers, data or money
25. **Classifying ability:** to systematize and file books, data, records and materials for easy retrieval
26. **Public Relations ability:** to handle complaints and unhappy people with care and maturity
27. **Welcoming ability:** to convey warmth, develop rapport, make others feel comfortable
28. **Musical ability:** to sing or play a musical instrument
29. **Landscaping ability:** to do gardening and work with plants
30. **Decorating ability:** to beautify a setting for a special event
31. Encouraging ability: to encourage others and build them up
32. **Other** \_\_\_\_\_