



Exploration Worksheet

INTRODUCTION

Make a careful exploration of who you are and the work you have been given, and then sink yourself into that. Don't be impressed with yourself. Don't compare yourself with others. Each of you must take responsibility for doing the creative best you can with your own life. **Galations 6:4-5**

Abbalongtoyou Worship Music: You may want to have this Spontaneous worship music playing while you take your tests. I listened to this music the whole time I was creating this website. Sometimes, I was compelled to stop, raise my hands or stand and worship the king because his presence was so thick, amazing, majestic...I am in Awe of Him, and how amazingly he created every one of us.

DIG DEEP, underneath the icy layers you will find space to breathe

Ice Video

Ice Caves Video

they have "blind spots." For those who are mostly opposite, "you can see all of the sides." This was encouraging, but it is also challenging for us to communicate.

PERSONALITY TEST

Your Briggs Meyer-Jung Typology Personality Type: _____

Did this test validate what you thought about yourself?

Did you learn anything about yourself?

Has it helped you to understand others in your life are different from you and it is okay?

MANAGING AND VALIDATING EMOTIONS

Underwater Caves Video

Emotions are God-given. We are not robots to be stuck on “Smiley” icon all day long – that is NOT the goal. Joyce Meyer has much to say about managing emotions on her Enjoying Everyday Life TV program. Our aim is to manage our abuses, losses and emotions with maturity. Then we can help others. When we help others through what we have been through we will receive our full healing (Isaiah 58)

In social work we talk a lot about grief and loss. If you don't move through the stages you can become stuck. If you become stuck your behaviors may hurt other people. Foster parents are asked to help children who are abused and neglected. If a foster parent was physically abused, we want to make sure a child who was physically abused does not “trigger” the foster parents' emotions, in a way in which they would lash out at the child and cause more harm. Therefore, it is imperative the parent has resolved their grief and emotion around the abuse. When a person has resolved and has healing in this area, they are more understanding, empathetic and can help the abused child overcome.

Authentic Happiness Questionnaire

Authentic Happiness score: _____

(Gives you an idea of how happy you are in relation to others.)

Do you spend most of your time on things important to you?

Where do you spend most of your time?

Is there something you would like to work on and need to make time for?

What can you cut to spend more time on the meaningful things in your life?

Forgiveness Teaching – Joyce Meyer

Forgiveness Teaching Session #1

Forgiveness Teaching Session #2

Freedom through Forgiveness

Is there anyone you need to forgive? Yes No

If yes, who: _____

Printout Forgiveness Sheet

Using your Loss Inventory Pray through each person who has hurt you

Break Bondages

ENNEAGRAM

Lit Cave Video

What is your **Enneagram Dominant** Personality? _____

What are your **wings**: 1. _____ 2. _____

STRENGTH FINDER

What are you top five strengths:

1.

2.

3.

4.

5.

Love Languages

Love Languages Test Scores:

____ Words of Affirmation

____ Acts of Service

____ Receiving Gifts

____ Quality Time

____ Physical Touch

Spiritual Gifts Inventory

Spiritual Inventory Gifts Scores:

- | | | |
|---|--|--|
| <input type="checkbox"/> 1. Administration | <input type="checkbox"/> 9. Healing | <input type="checkbox"/> 18. Missionary |
| <input type="checkbox"/> 2. Apostle | <input type="checkbox"/> 10. Helps | <input type="checkbox"/> 19. Prophecy |
| <input type="checkbox"/> 3. Discerning of Spirits | <input type="checkbox"/> 11. Hospitality | <input type="checkbox"/> 20. Service |
| <input type="checkbox"/> 4. Evangelism | <input type="checkbox"/> 12. Intercession | <input type="checkbox"/> 21. Shepherd |
| <input type="checkbox"/> 5. Exhortation | <input type="checkbox"/> 13. Interpret Tongues | <input type="checkbox"/> 22. Teaching |
| <input type="checkbox"/> 6. Exhortation | <input type="checkbox"/> 14. Knowledge | <input type="checkbox"/> 23. Tongues |
| <input type="checkbox"/> 7. Faith | <input type="checkbox"/> 15. Mercy | <input type="checkbox"/> 24. Voluntary Poverty |
| <input type="checkbox"/> 8. Giving | <input type="checkbox"/> 16. Leadership | <input type="checkbox"/> 25. Wisdom |
| | <input type="checkbox"/> 17. Miracles | |

Sacred Pathways

How you best experience the Lord

- | | | |
|--|---------------------------------------|---|
| <input type="checkbox"/> 1. Naturalist | <input type="checkbox"/> 4. Ascetics | <input type="checkbox"/> 7. Enthusiast |
| <input type="checkbox"/> 2. Sensate | <input type="checkbox"/> 5. Activist | <input type="checkbox"/> 8. Contemplative |
| <input type="checkbox"/> 3. Traditionalist | <input type="checkbox"/> 6. Caregiver | <input type="checkbox"/> 9. Intellectual. |

Destiny Finder

What is your spiritual orientation: _____

SPIRITUAL & DEVELOPMENTAL MATURITY

Erik Erickson

Watch Video

What is your natural age? _____

Based on the website Charts, what stage are you in? _____

How many years have you been a committed Christian? _____

Based on the website Chart Below, what stage are you in? _____

Are you developmentally and spiritually on track?

Is there something you are lacking now?

How can the Lord or someone in your life fulfill that lack?

Maslow's Hierarchy of Needs

Watch the video

What levels of needs are being met or lacking in your life?

1. Physical

Met Lack

2. Safety

Met Lack

3. Social

Met Lack

4. Esteem

Met Lack

5. Self-Actualization

Met Lack

It is difficult to mature and advance when you basic level 1 and 2 needs are not being met.

Levels of Communication

What was your communication score? _____

Do you need to work on anything?

Based on the 5 Levels of Communication information. We communicate at different levels with different people. We should have at least one person in our life we can have Level 5 communication. Put a check mark in the box which best describes your communication trust level with each.

Person	Small Talk	Factual Conversation	Ideas & Opinions	Feelings & Emotions	Deep Insight
Spouse					
Best Friend					
Friend					
Child					
Neighbor					
God					