

Tips for Using Prompts to Learn About Yourself

- ♥ Pick up a new journal so that all your answers are in one place.
- ♥ Don't try to answer all the questions in one sitting.
- ♥ Talk through some questions with a trusted friend or your spouse.
- ♥ It's okay if you don't know the answers right away.
- ♥ Remind yourself that learning about who God made you to be is a journey - one full of grace and one where He is walking right beside you.

God

What does the Bible say about God?

Who does the Bible say God is?

What does the Bible say about me?

Who does God say that I am?

Personality Tools

What does the enneagram say about me?

What does God say about my specific enneagram personality type?

What core desire of mine has God already met?

What does the Strengths Finder, the DISC and/or the Myers-Briggs say about me?

How does what I've learned from tools line up with what I know God says about me?

(i.e. type 4s desire to be unique and also understood. The Bible says that God sees us and loves us for exactly who we are because He made us special and unique.)

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Self

What do I like?

What do I dislike?

What makes me angry?

What brings me joy?

What do I like to do in my free time?

What do I like to do with other people?

Do I get refueled by being alone or with people?

What refuels me?

What is important to me?

What qualities in people are most attractive to me?

What qualities in others are most important to me?

What do I secretly wish I could tell people?

Beliefs

What are my political leanings?

What are my spiritual denominational leanings?

What are my beliefs about hot topic issues inside the church and in today's society?

Why do I feel that way? Is it Biblical or do I need to go learn more and flesh it out?

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Strengths + Weaknesses

What am I good at?

What am I not so good at?

What areas do I struggle in personally?

What areas do I struggle in relationally?

What areas do I struggle in physically?

What areas do I struggle in mentally?

What areas do I struggle in emotionally?

What areas do I struggle in spiritually?

What are my strengths?

What are my weaknesses?

What are my strengths in relationship?

Weaknesses?

What are my strengths in my job?

Weaknesses?

What are my strengths in daily life?

Weaknesses?

What are my strengths in the way that I think and see the world?

What are my weaknesses in the way I view the world?

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Goals + The Future

Where do I see myself in 1 year?

5 years? 10 years? when I'm 80?

What do I want to accomplish with my life?

Do I want a family?

What does a family look like to me?

What do I hope for when my mind wanders?

What does living on purpose mean to me?

What does living intentionally look like to me?

What is one thing I could do today to be more intentional?

Is there something deep down in my heart that I think God placed
there?

What am I believing about myself that isn't true?

What from my past am I still telling myself is my future?

What are my top 3 priorities?