

How you are Shaped includes several factors. Insight #5 looked at your Strengths and Abilities. Insight #6 looks at your experiences.

Insight #6 Reflecting on my experiences

Our experiences shape us. There are many kinds of experiences, but for now we will focus on four types of adult experiences:

Your Work Experiences

How have your work experiences shaped you?

Your Painful Experiences

Problems, hurts, trials-that have taught you

Your Educational Experiences

What were your favorite subjects in school?

Your Spiritual Experiences

Meaningful decisions/times with God

MY WORK EXPERIENCES

What kinds of jobs have you had?

What are skills you have developed?

In what kinds of culture do you work best?

MY PAINFUL EXPERIENCES

These are the kind of trials or problems I could relate to and encourage someone who is going through that type of problem:

MY EDUCATIONAL EXPERIENCES

Where I attended school, and my favorite subjects:

Seminars or training that has been meaningful to me:

SPIRITUAL EXPERIENCES

MY SPIRITUAL JOURNEY

This is how and when I became a Christian, and what it has meant to me since then:

Times when I have felt closest to God and meaningful spiritual experiences that stand out in my mind:

Summary: What are 3 or 4 experiences that stand out to you?