



Knowing Who You Are and How You're Wired

“It is often very difficult for people to see the harmful areas that are present in their hearts and minds due to sin, past trauma, or interpersonal conflicts. Nor do they know their unique qualities and God-given purpose, simply because the individual has never spent the time needed to know who they are and how they are wired.” Here are a few suggestions for engaging in the important work of self-discovery.

1. **Self-Reflection**

Set aside regular time for introspection and self-reflection, journaling about your thoughts, feelings, and experiences to gain insight into your values, passions, beliefs, motivations, hobbies, activities, and interests.

2. **Personality and Spiritual Gifting Assessments**

Engage with personality assessments and tools such as the Myers-Briggs Type Indicator (MBTI), Enneagram, StrengthsFinder, the Johari Window or the Uniquely You Profiler to gain a deeper understanding of your personality traits, strengths, and areas for growth.

3. **Seek Feedback**

Seek feedback from trusted friends, church and family members, mentors, or counselors who can provide insight into your strengths, blind spots, and areas for growth.

4. **Life Experiences Analysis**

Reflect on significant life experiences, challenges, and successes, considering how they have shaped your identity, beliefs, and worldview.

5. **Personal Development Resources**

Read books, listen to podcasts and sermons, or attend workshops on relevant topics such as character formation and development, skills training, personality assessments, emotional intelligence, and biblical calling and purpose.

6. **Prayer and Spiritual Reflection**

Spend time in prayer, or prayerful Scripture reading to seek guidance from God and discern His purpose for your life, aligning your desires and goals with His will.

These practical activities and practices are suggested to help you deepen your self-understanding and uncover your unique qualities and strengths, and align with God's purpose for your lives, so that you will experience increased clarity in your relationship pursuits.