



Evaluating My Experiences

Our experiences shape how we view the world around us and how we learn to successfully navigate our experiences, both positive and negative, have a significant impact in our walk with God. Take a moment and evaluate your own experiences and consider how God might use your experiences in serving others.

Positive Experiences

In order to discover a person's pattern, examine only those actions which he or she feels are accomplishments that resulted in personal satisfaction.... [These] accomplishments ... always have two basic elements: They are achievements which resulted in a feeling of satisfaction, regardless of what other people thought [and] they are achievements which the achiever felt were done well, regardless of their degree of significance in other people's eyes.

Personal Achievements:

1. _____
2. _____
3. _____

Vocational Achievements:

1. _____
2. _____
3. _____

Relational Achievements:

1. _____
2. _____
3. _____

Educational Achievements:

1. _____
2. _____
3. _____

Spiritual Achievements:

- 1. _____
- 2. _____
- 3. _____

Negative Experiences

As much as we sometimes wish to ignore or deny it, the hallway of our lives has its difficult side as well. If you truly want to discover your uniqueness and be used by God in the process, you must be willing to take a hard look at these portraits of your painful experiences.

Divorce, abuse, death, alcoholism, cancer, depression, job loss, bankruptcy, eating disorders, miscarriages, suicide, abortion, affairs-the pain-producing possibilities are numerous.

Personal Points of Pain:

- 1. _____
- 2. _____
- 3. _____

Vocational Points of Pain:

- 1. _____
- 2. _____
- 3. _____

Relational Points of Pain:

- 1. _____
- 2. _____
- 3. _____

Educational Points of Pain:

- 1. _____
- 2. _____
- 3. _____

Spiritual Points of Pain:

- 1. _____
- 2. _____
- 3. _____