

Peace Where God Has Placed You

Steps to trust God's plan and thrive in your current season

Step 1:

a) Uncover who you are (by using the personal assessments on the next page) - find out more about:

- who God made you to be and
- who you've become over your life based on what you've gone through.

b) Use what you uncover about yourself in each assignment of life you're in (employee/boss, parent, wife, sibling, daughter, friend, business owner, etc)

Step 2:

Write out your day each day - what happened.

Feel the feelings surrounding each happening. Write those down, too.

Find the thoughts behind each feeling. Write them.

Change those thoughts about those people/circumstances to something a little different to manufacture a different feeling.

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“Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence and if anything worthy of praise, think about these things.”

- Philippians 4:8 NASB

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Not sure you can manufacture feelings? Try these exercises:

Where's your favorite place to go/be? Your happy place? When you think of it (let's say it's the beach/ocean), how do you feel?

When you think of how you miss someone who's gone to heaven, and the times you had, wishing you could have just one more, how does that make you feel?

You've just manufactured different feelings using your thoughts.



Discover Who You Are!

Your

ASSESSMENTS

giving you insight on yourself



Clifton Strengths

This assessment tests your top strengths. There is a charge for this assessment. You can unlock the top 5 or all 34. It will take about 30 minutes of uninterrupted time to complete.

Spiritual Gifts Survey

This survey is free from LifeWay. You click the link and it will download a pdf to your device. You can print it out (recommended) or write your answers on paper to tally up. Either way, save your results. It will take about 10 to 15 minutes of time to complete.

Enneagram

This assessment tests your motivations. There may be a charge for this assessment - recently it has been scoring and showing a very generic pie chart result, then asking for a fee to email full results. It will score you the highest percentage of a number 1 through 9. If you get two that are about equal, write both numbers down. It will take you about 10 minutes to complete.

MBTI

This assessment tests your way of thinking and personality. There is no charge for this assessment. You will have results with four letters, such as INFJ, ENTP, etc. It will take you about 15 minutes to complete.

4 Tendencies

This assessment tests your accountability style. There is no charge for this assessment. It will reveal if you're an obliger, a questioner, a rebel, or an upholder. It will take you about 5 minutes to complete.

Inner Mean Girl Assessment

This assessment tests which inner critic voice(s) you have. There is no charge for this assessment. Mark down your top 3 or 4. It will take you about 7 minutes to complete.

