

FEARFULLY and Wonderfully MADE YOU

How many of these traits
can you relate with?

by
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FEARFULLY AND WONDERFULLY MADE YOU

How many of these traits can you relate with?

"I praise You because I am fearfully and wonderfully made." - Psalm 139:14

God did not create every woman to think, feel, notice, process or create in exactly the same way. Some of us experience the world deeply. We notice what others miss. We think in pictures, patterns, possibilities and connections. We may need more quiet, more processing time or a different rhythm - and we may also bring extraordinary creativity, empathy, insight and beauty into the world.

This isn't a diagnostic test. Simply tick the characteristics that sound like you.

I FEEL DEEPLY

- I experience emotions deeply and intensely.
- I am easily moved by beauty, music, words, Scripture or art.
- I often feel the atmosphere of a room before anyone says anything.
- I notice when someone is uncomfortable, hurting or being left out.
- I have a tender heart toward people who are struggling.
- Harshness, cruelty and unnecessary conflict affect me deeply.
- I need time to process emotional experiences.
- I care deeply - sometimes more deeply than people realise.

I NOTICE WHAT OTHERS MISS

- I notice small details, changes and inconsistencies.
- I quickly recognise patterns.
- I often make connections between things that seem unrelated to others.
- I notice colour, texture, shape, composition and visual balance.
- I can sense when something simply doesn't "fit."
- I often see possibilities before other people do.
- I am naturally observant.
- I frequently notice beauty in ordinary things.

MY BRAIN IS CREATIVE

- Ideas seem to multiply in my head.
- One idea often leads to ten more.
- I think visually or imagine things before I can explain them in words.
- I enjoy experimenting rather than following a rigid formula.
- I love combining unexpected materials, colours or ideas.
- Creating helps me process what I am thinking and feeling.

- I enjoy making something uniquely mine.
- I can become completely absorbed in a creative project.
- My creativity often comes in bursts rather than predictable straight lines.
- I need freedom to explore an idea before I know exactly where it is going.

I THINK DEEPLY

- I rarely experience things only at surface level.
- I ask "why?" and want to understand the meaning behind things.
- I need time to think before giving an answer.
- I often replay conversations or experiences in my mind.
- I can see several perspectives at the same time.
- I question systems that don't make sense to me.
- I enjoy learning when I can explore something deeply.
- I am more interested in meaningful conversation than small talk.
- I often need to understand the bigger picture before the details make sense.

I MAY EXPERIENCE THE WORLD MORE INTENSELY

- Noise can become overwhelming.
- Too much activity can leave me exhausted.
- Crowded or chaotic environments drain me.
- I may be sensitive to light, smells, textures or other sensory input.
- Too many interruptions make it difficult for me to think.
- I function better when I have periods of quiet.
- I need recovery time after busy social situations.
- I can become overwhelmed when too many things demand my attention at once.
- My nervous system sometimes needs more time to settle after an intense day.

MY WAY OF WORKING MAY LOOK DIFFERENT

- I work best when I understand the purpose behind what I am doing.
- I can focus intensely on something that genuinely interests me.
- Repetitive or meaningless tasks can feel unusually difficult.
- I sometimes procrastinate and then accomplish an enormous amount in one burst.
- I may have several projects or ideas going at the same time.
- I create systems to help my brain organise information.
- Visual reminders work better for me than trying to remember everything.
- I may struggle with rigid routines but thrive with flexible rhythms.
- I do some of my best work when I am allowed to work independently.

- I need space to think without constantly being interrupted.

RELATIONSHIPS MATTER DEEPLY TO ME

- I value authenticity.
- I prefer a few safe relationships to many superficial ones.
- I am deeply loyal to people I trust.
- Rejection or criticism can affect me strongly.
- I find manipulative or insincere behaviour difficult to tolerate.
- I need relationships where I can be fully myself.
- I often listen carefully and notice what people are not saying.
- People sometimes tell me things they don't normally tell others.
- I care deeply about fairness, kindness and integrity.

MY FAITH IS SOMETHING I WANT TO EXPERIENCE DEEPLY

- I don't want faith to be merely a routine or performance.
- I want to understand God's Word, not simply collect inspirational verses.
- Scripture often sparks pictures, colours, words or creative ideas in my mind.
- Journaling helps me slow down and process what I am reading.
- Creating can help me remember what God has been teaching me.
- I enjoy exploring Scripture deeply and making connections across passages.
- Quiet time with God restores me.
- I value honesty with God rather than pretending everything is fine.
- I want my creativity to reflect what is true, meaningful and beautiful.
- I want God's Word to shape the way I understand myself.

SOME OF MY QUIET SUPERPOWERS

- | | |
|---|---|
| ■ Creativity | ■ Empathy |
| ■ Intuition | ■ Imagination |
| ■ Pattern recognition | ■ Deep thinking |
| ■ Visual thinking | ■ Problem solving |
| ■ Curiosity | ■ Compassion |
| ■ Attention to detail | ■ Seeing possibilities |
| ■ Meaning-making | ■ Resourcefulness |
| ■ Independent thinking | ■ Deep focus |
| ■ Thoughtful communication | ■ Original ideas |
| ■ Creating beauty | ■ Encouraging others |
| ■ Teaching or explaining ideas creatively | ■ Turning chaos into meaningful systems |
| ■ Seeing potential where others see limitations | |

SOMETHING TO REMEMBER

Different does not mean deficient.

You don't have to relate to every characteristic on this page, and no single list can describe every highly sensitive, creative or neurodivergent woman.

Perhaps the better question isn't:

"Why am I not more like everyone else?"

Perhaps it is:

"How can I faithfully steward the particular mind, sensitivity, creativity and gifts God has given me?"

You were never required to become a copy of somebody else.

You are fearfully and wonderfully made.

JOURNAL IT

Three characteristics I recognise strongly in myself:

1. _____
2. _____
3. _____

One strength I have underestimated:

One part of myself I would like to understand better:

One way I can work *with* the way I am wired instead of constantly fighting against it:

God, teach me to understand and steward the woman You created me to be.

WHAT'S NEXT?

You don't have to explore faith, creativity and your unique way of experiencing the world on your own.

JOIN THE IVYTREE STUDIO SUBSCRIBER'S COMMUNITY

The Subscriber's Community is a simple way to step further into the Ivytree Studio world. Join for encouragement, creative inspiration, selected free resources and invitations that help you make God's Word your home in a way that is meaningful, practical and personal.

WHY JOIN?

- Receive faith-filled encouragement created for real life.
- Discover creative journaling ideas and resources without needing to be an artist.
- Stay connected with new Ivytree Studio projects, resources and opportunities.
- Grow in God's Word while embracing your own creative rhythm.

EXPLORE THE MEMBERSHIP

For women who want to go deeper, the Ivytree Studio Membership brings together teaching, creative projects, faith-based resources and ongoing opportunities to learn, create and grow. The Resilient Life program is a place for resources like this to help you understand yourself, build sustainable rhythms and live from a place of faith rather than pressure.

CONNECT WITH THE COMMUNITY

Ivytree Studio is about more than collecting printables. It is a place for Creative Christian Women who want real faith, meaningful creativity, encouragement and a sense of belonging with women who understand that we are not all made the same.

VISIT THE STORE

Explore Ivytree Studio printable collections, Bible journaling resources, creative projects, classes and other resources in the store.

WANT MORE?

Start at linktr.ee/ivytreestudio to find the Subscriber's Community, Membership, community spaces, store and current Ivytree Studio resources.

Make God's Word Your Home.