

# CORE C.A.U.S.E. ABILITIES ASSESSMENT

God has given each of us certain abilities and natural talents—things that you are gifted at both mentally and physically. To help uncover your abilities, answer the questions below. You will look first at your childhood and adolescent years, and then move to your adult years. Try to come up with at least 3 to 5 answers for each category.

The process of discovering your abilities can be frustrating at first. As you work through the assessment, you will probably become overwhelmed, frustrated, and even want to quit. We want to encourage you to view this assessment as a first step in discovering your abilities. Think of it as a starting point rather than an ending point. Discovering your abilities can often take years of self-discovery. So give yourself permission to be OK with not being OK. Be OK with vague answers, incomplete answers, and even more questions. Take a moment to pray and trust that God will help you begin the process of discovering your abilities.

Before beginning this assessment, we think it is best to listen to a message by Pastor Brad that will give you a good introduction to discovering your abilities. To listen to the message, [click here](#).

## Let's start with your childhood and adolescent years.

What did I have the most fun doing as a child and teenager?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What subjects in school did I excel at and enjoy the most?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What were my hobbies as a child and teenager?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What awards did I receive or accomplishments did I have as a child and teenager?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Now, let's look at your adult years.

What do I do in my current vocation that I'm good at and enjoy? What have I done in my past vocations that I was good at and enjoyed?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What do I enjoy doing in my free time when "time flies?" What are my hobbies?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What do others say I'm good at? What do others ask me to do? (These are good questions to ask a few trusted friends)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What do I like to teach others to do?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

As you look at your answers, you may be able to easily identify 3 to 5 abilities that stand out from all of the others. If so, skip the following step and go to the next section. If you are still a bit unsure of your abilities, do the following exercise. Look at your answers and find the themes that are similar and try to group them together. Next, count the number of times that you listed each of them. Finally, think about the themes that you grouped together. What are you doing in each of them that makes them similar? What is the common thread? Write down a category that best describes these abilities. If you're having trouble coming up with a category that best describes the ability of a particular theme, look at the list of abilities at the end of this assessment for examples.

Themes that are similar:

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Number of times mentioned: \_\_\_\_\_

Category that best describes these abilities:

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Themes that are similar:

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Number of times mentioned: \_\_\_\_\_

Category that best describes these abilities:

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Themes that are similar:

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Number of times mentioned: \_\_\_\_\_

Category that best describes these abilities:

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Themes that are similar:

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Number of times mentioned: \_\_\_\_\_

Category that best describes these abilities:

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Themes that are similar:

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Number of times mentioned: \_\_\_\_\_

Category that best describes these abilities:

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Themes that are similar:

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Number of times mentioned: \_\_\_\_\_

Category that best describes these abilities:

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Themes that are similar:

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Number of times mentioned: \_\_\_\_\_

Category that best describes these abilities:

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Themes that are similar:

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Number of times mentioned: \_\_\_\_\_

Category that best describes these abilities:

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Looking over the list from the previous page, what are the top 3 to 5 abilities that scored higher than all the others? Before you list them, talk to a few trusted people that know you best. Go over your assessment with them and ask them if they see the same abilities or some that you might have missed. Then, make any necessary corrections.

Write down your top abilities and natural talents.

### My Top 3 to 5 Abilities:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### My “Untapped” Ability

You may also have an “untapped” ability. This is an ability that did not score in the top 3 to 5, but is something you are passionate about and good at, but have not developed. Write that ability down, and begin to explore and see if this is an “untapped” ability.

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# How to Develop and Use Your Abilities

Now that you have discovered your abilities and talents, it's time to put them into practice. Here are some practical ways you can begin to develop and use your abilities:

- Look for positions within your current career that best fit your abilities.
- Look for careers that best fit your abilities.
- Look for CAUSES that best fit your abilities.
- Look for ways to use your abilities to serve the church and serve the city.
- Look for ways you can develop and use your abilities within your family dynamic.
- Look for ways you can develop and use your abilities in your personal time.
- Watch and learn from others who have your abilities.
- Read books and blogs, and listen to podcasts to develop your abilities.
- Don't worry about trying to develop abilities you do not possess.

## Additional Resources

### [The Truth About You](#)

This video by Marcus Buckingham will help you understand your God-given strengths.

### [Strengths Finder](#)

This book from the Gallup organization will help you discover and understand your strengths.

### [Your Roadmap to Success](#)

This book by Dr. John Maxwell will help you create a plan to use your abilities.

# List of Abilities

(This is a small sample list of abilities and is not meant to be an exhaustive list)

Public Speaking	Foreign Language	Entertainment
Writing	Academics	Visualization
Management	Teaching / Training	Athleticism
Networking (person to person)	Negotiating Skills	People Judgment
Networking (virtual world)	Planning	Computers / IT
Decision Making	Leadership	Financial Management
Math / Numbers	Listening	Human Resources
Research / Analysis	Persuasive	Meeting management
Accounting / Bookkeeping	Imaginative	Fashion Design
Marketing / Advertising	Future Thinking	Systems management
Graphics / Drawing	Story Telling	Brainstorming
Music	Communication Skills	Maintenance / Routine Tasks
Art	Project Management	Futuristic
Craftsmanship	Sales / Making Connections	Building / Construction
Film / Video / Photography	Problem Solving	Cooking
Jokes / Humor	Detail Orientation	Crafts
Creativity	Social Intelligence	Gardening
Innovation	Hiring / Recruiting	Interior Design
Trouble-shooter	Health / Fitness	Organizing / Organization