

Knowing Yourself Profile Instructions

10 12 2025

Faith

- Baptism – Write the year you were baptized.
- Virtue – Pick your strongest virtue from this list of 12 and write it down: love, joy, peace, patience, kindness, gentleness, wisdom, self-control, humility, zeal, hope, and faithfulness.
- Vice – Pick your strongest vice from this list and write it down: selfish, moody, argumentative, impatient, stingy, harsh, foolish, impulsive, arrogant, apathetic, despairing and unfaithful.
- Gifts – Identify at least one gift from this list that you think you have and write it (them) down: administration, artistic expression, craftsmanship, discernment, evangelism, exhortation, faith, giving, helps, hospitality, intercession, knowledge, leadership, mercy, missionary, preaching, shepherding, and teaching.

Family Background

- Birth Order – Write down one of these four main roles: firstborn, middle child, youngest or only child. Birth order dynamics tend to reset about every 5 years or so. For example, if you were born that far apart from your older siblings and don't have a younger sibling, your experience was more like an only child than the youngest. Also, if your parents had more than three children, you are a middle child so long as you are not the oldest or youngest.
- Asset – Write down a word that describes a positive from your family of origin that you have taken with you into adulthood.
- Liability – Write down a word that describes a negative from your family of origin that you have tried not to take with you into adulthood.
- Generation – Write down your generation from this list: Silent (1928–1945), Boomer (1946–1964), X (1965–1980), Millennial (1981–1996), and Z (1997–2012).

Current Family

If you are married, list your spouse, your children, grandchildren, and great grandchildren.

Personality

- Based on your Meyer's Briggs results, circle one word in each line. Link - <https://www.16personalities.com/>
- If the second letter in the assessment is S, circle Realist. If it is N, circle Idealist.
- If the third letter is T, circle Thinker. If it is F, circle Feeler.
- If the fourth letter is J, circle Ordered. If it is P, circle Unstructured.
- If the fifth letter is A, circle Assertive. If it is T, circle Reactive.

Pain & Loss

Write down a word to describe pain that you have experienced in your life. If you have had more than one traumatic experience, list them all with one word. For some examples: cancer, divorce, addiction, death, miscarriage, heartbreak, a person's name, etc.

Interests

Write down a few of your top interests. What do you do when you have some free time to do whatever you want?

Relationships

- For Energy, based on your Meyer's Briggs results, write down Extrovert or Introvert.
- For Capacity, write down the number of people you can maintain a family/close friend type relationship: 0-4, 5-8, 9-15, or 16-30. People fall into one of those four categories.
- For Preference, write down what your preference is for relationship – Bestie, Clique, or Crowd. Growing up, did you want to spend time with that one best friend, spend time with your clique of friends, or hang out in a crowd?

Vocation

- For passion, write down at least one area of vocation from this list or a word of your own: healthcare, education, government, religion, business, law, military, music, arts, IT, construction, agriculture, transportation, entertainment, recreation, engineering, manufacturing, beauty, media, tourism, engineering, architecture, technology, social services, food service, environmental services, real estate, etc.
- For Energy, write down the two letters described as your working genius per the Working Genius tool. Link – <https://www.workinggenius.com/about/assessment>
- For Depletion, write down the two letters described as your working frustration per the Working Genius tool.

Aptitudes

Pick at least one from this list or a word of your own: linguistic, mathematical, musical, artistic, mechanical, emotional, social, ecological, practical, verbal, athletic, analytical, etc.

Experiences

Write down the major job and life experiences that have shaped you.

Leadership Style

Write down your top two results from the DISC assessment – Drive, Influence, Clarity, and Support. Link – <https://www.truity.com/test/disc-personality-test>