

STRENGTHS AND GIFTS ASSESSMENT

Instructions: For each statement below, rate how true it is for you based on your experiences and feelings. Use the following scale:

1 = Never true, 2 = Sometimes true, 3 = Often true, 4 = Always true.

Write your score next to each statement. Once you finish, use the separate score sheet to total your scores and match them with the ministry categories.

SECTION 1: INTERACTING WITH OTHERS

1. I enjoy helping people feel welcome and included in new settings.

Score: _____

2. I like to be involved in events where I can interact with others and build a sense of community.

Score: _____

3. I'm good at noticing when someone needs help or support in a social setting.

Score: _____

4. I enjoy volunteering at social events, even if it's something small like serving food or cleaning up.

Score: _____

5. I like being part of a team that helps others feel connected.

Score: _____

SECTION 2: LEADERSHIP AND SPEAKING

6. I'm comfortable speaking in front of others when it's about something I care about.

Score: _____

7. I enjoy leading groups, whether it's for a project, class, or event.

Score: _____

8. I like explaining things to others and helping them understand new ideas.

Score: _____

9. I am often the one who steps up to organize activities or events.

Score: _____

10. I feel confident when asked to guide others through a task or activity.

Score: _____

SECTION 3: HANDS-ON SERVICE

11. I enjoy working behind the scenes to make sure things run smoothly.

Score: _____

12. I like helping with practical tasks, like setting up or cleaning up.

Score: _____

13. I feel good when I can fix or organize things for others.

Score: _____

14. I'm happy to help out with manual labor, like yard work, moving things, or cleaning.

Score: _____

15. I don't mind doing small tasks that contribute to the larger goal of helping others.

Score: _____

SECTION 4: FAITH AND PRAYER

16. I enjoy spending time in prayer or reflection, even if it's only for a few minutes.

Score: _____

17. I'm interested in learning more about my faith and growing closer to God.

Score: _____

18. I find meaning in helping others grow in their faith.

Score: _____

19. I enjoy participating in activities that involve prayer or spiritual growth, like singing or reading Scripture.

Score: _____

20. I believe that prayer can make a difference in the lives of others.

Score: _____

SECTION 5: CARING FOR OTHERS AND JUSTICE

21. I care about making sure everyone is treated fairly and kindly.

Score: _____

22. I want to help people in need, even if I'm not sure where to start.

Score: _____

23. I feel motivated to do something when I see someone being treated unfairly.

Score: _____

24. I enjoy activities that allow me to help people who may be struggling or in need.

Score: _____

25. I feel called to make a positive difference in my community by helping others.

Score: _____

SECTION 6: CREATIVITY AND TECHNOLOGY

26. I enjoy using my creative skills, like drawing, painting, or playing music, to contribute to projects.

Score: _____

27. I like working with technology, like creating videos, slideshows, or graphics.

Score: _____

28. I enjoy helping with creative projects, like decorating or designing something for an event.

Score: _____

29. I'm excited about using my creativity to help my parish or community.

Score: _____

30. I think it would be fun to use my artistic or technical skills in church events or ministries.

Score: _____

SCORING SHEET AND INSTRUCTIONS

Instructions: After completing the quiz, total your scores for each section. Add up the points from each question in a section to get your total score for that section. The higher the score, the more likely you are to enjoy or excel in ministries related to that section, but you are welcome to try any ministry.

Use the table below to write your total scores, and then compare your scores with the ministry categories that match your strengths.

Section	Total Score
Section 1: Interacting with Others	_____
Section 2: Leadership and Speaking	_____
Section 3: Hands-On Service	_____
Section 4: Faith and Prayer	_____
Section 5: Caring for Others and Justice	_____
Section 6: Creativity and Technology	_____