

You will need the accompanying score sheet to complete this exercise. This Inventory is an effective tool to begin the discovery of your Sacred Gifts. It's important to note that your scores on their own do not represent your Gifts. This is however a great place to look for clues.

Often the quickest way to discovering your gifts is identifying the ones you know you don't have, therefore please feel as good about giving yourself a "rarely" response as you would an "almost always" (see score sheet) The idea in this Inventory is not to try to get high scores in all the gifts. That will only slow down your discovery process. The idea is to cut away the gifts that are clearly not yours and then be left with a selection that you will look at more closely.

The most effective use of this tool is to score each statement as honestly as you can, based on what has been true in your life until now. This is an assessment looking for patterns and isn't based on only what is current in your life now. Don't respond with what you think would be true if you had time or what you wish were true. Respond only with what is true.

Record your responses to each statement on the score sheet. Read the statements carefully. If you have no experience with something described in a statement, just mark "zero" for that statement and go on. If you are married for example then you would give a zero to the questions about being single. You can expect to complete the inventory assessment within 45 minutes. Give yourself the time to do it without interruption. Do not over think your responses to the statements.

Enjoy this discovery!

0= RARELY 1= SOMETIMES 2= OFTEN 3= ALMOST ALWAYS

1. Quite effortlessly I can bring order to disorganized or chaotic situations.
2. I am happy being single (without a mate).
3. I am good at fixing physical things that are broken or not working.
4. I have had experiences of connecting with the non physical realm.
5. I remain present when someone is talking to me about personal matters.
6. I have a bold and direct ability to influence people positively.
7. I exhibit extraordinary trust in a loving supportive Universe.
8. I provide those who are in need with money or material goods.
9. I've seen remarkable improvement in sick or injured people as a result of my personal care or treatments.
10. I enjoy being in the background making a difference by supporting others.
11. I enjoy making guests and visitors feel welcomed.
12. I offer to pray for people and have followed through with doing it.
13. I have a compelling desire to read and study certain topics extensively.
14. I have inspired others into unified action based on an idea I have put forth.
15. I'm drawn to and work well with people who are generally ignored by society.
16. I have integrated easily into cultures other than my own.
17. I've composed music.
18. I'm effective at assessing the needs of a group or team.
19. I've received prophetic messages destined for a particular person or group that I have felt compelled to share and have done so.
20. I enjoy being in physical service to others doing jobs that need to get done.
21. I have an ability to make complex information simple to understand.
22. I could have more material things but I delight in having less.
23. I help others find practical solutions through the application of wisdom.
24. I love to write.
25. I enjoy taking on a complex project or idea and breaking it down into parts to see what needs to be done.
26. The most compelling relationship for me is having a few very close friends vs. marriage.
27. I enjoy figuring out how physical objects work or operate.
28. I have psychic-type abilities that I share with others.
29. People readily confide and share their innermost thoughts or feelings with me.

30. I effectively and positively challenge people in terms of their spirituality.
31. When faced with making important life decisions, I've taken big leaps of faith.
32. I have successfully mobilized people and resources in order to raise funds to support projects or ideas that I believe in.
33. I've played a significant role in someone else's rapid psychiatric or physical healing.
34. I have happily helped someone else achieve their goals by arranging for or carrying out their expressed needs.
35. I'll start a conversation with someone if they look out of place in order to make them feel more comfortable.
36. I've woken up in my sleep with a strong sense that I need to pray, or send focused energy, to someone or to a situation.
37. When my learning leads me to an exciting discovery, I feel compelled and enthusiastic to share it with others.
38. I am a visionary.
39. I enjoy personally providing care, food, clothing or other needs to people who are marginalized in some way (imprisoned, homeless, ill, dying, addicted)
40. I travel to other countries specifically to integrate into the culture.
41. My musical ability seems to have a positive effect on others.
42. I enjoy facilitating group discussions.
43. I have made accurate predictions which were of benefit and served others in a positive way.
44. I'm quick to offer my physical help and I'm not afraid of a little elbow grease.
45. I've created effective teaching materials.
46. I dress, eat and live simply, by choice.
47. People come to me for practical solutions to problems.
48. When I'm writing, time just flies by.
49. I'm effective at delegating.
50. I'm single by choice not by circumstance.
51. People have commented positively on the beauty resulting from something I've created or designed.
52. I have given accurate psychic readings.
53. I have successfully encouraged others toward their potential.
54. My passion is helping people connect to their Source.
55. I've taken risks in my life that others find extraordinary.
56. I have directed money or goods effectively for the needs of others.

57. People have told me that my healing ability has caused positive results in their physical health.
58. I have an eye for detail when it comes to giving my personal help and assistance to someone else.
59. I happily open my home to people who need a place to gather.
60. I pray or meditate on behalf of others regularly.
61. I seek and desire new knowledge.
62. I have successfully brought positive direction and focus to a stagnant or demoralized group.
63. I see the dignity and relate well to the poor and suffering people of this world.
64. I have a passion for travel.
65. Through my music I express myself artistically.
66. I ensure that everyone is heard in group discussions.
67. I have received revelations or predictions of future world events in my sleep.
68. I can generally see what needs to be done physically on a task without a lot of direction.
69. If I'm learning something that is exciting to me, I'm apt to think about how I could teach it to others.
70. I don't fit comfortably in a materialistic culture.
71. People come to me for advice.
72. I like to get things down on paper or write them up.
73. I have been effective in formal or informal negotiations or mediations.
74. I've been able to accomplish a purpose that would not have been possible if I were married, mated or had a family to raise.
75. I have been successful in the physical arts or performing arts.
76. I have clairvoyant abilities.
77. I have effectively coached others to success.
78. I talk to people boldly about moral/ethical issues in a way that causes them to take positive action.
79. I know things will work out for the good.
80. I have made or raised large amounts of money for the benefit of non profit organizations.
81. I've experienced bodily heat or tingling in my hands when I'm treating or working on someone.
82. I can anticipate the needs of the person I am committed to helping.

83. My dinners, gatherings and social events focus on making people feel welcomed and included.
84. I've received feedback that a situation has improved as a result of my prayers, focused energy or meditations.
85. When I'm reading or studying something I'm interested in, I'm able to grasp the concepts quickly and easily.
86. I can envision an outcome not seen by others and lead people to it.
87. I feel compelled to make a difference for suffering people or animals with hands-on practical help.
88. I pick up other languages more readily than most people might.
89. I play a musical instrument and or sing.
90. I have a protective caring spirit over groups that I facilitate.
91. I've accurately been able to predict future world outcomes.
92. I am effective at multi-tasking.
93. When I'm teaching or explaining something, I can easily adapt how I deliver the information based on the learning needs of the participants.
94. I'm happiest without extra luxuries.
95. I help others make wise decisions by providing solutions.
96. I express or process my human experiences through writing.
97. I have created systems and structures for the purpose of efficiency.
98. I have a satisfying job or career that would make a marriage or intimate partnership and family life difficult or impossible.
99. I am good with my hands when it comes to creating or fixing things.
100. I can accurately tell if someone is being influenced by a harmful or oppressive spirit or entity.
101. People have told me they just feel better after talking to me.
102. I can be bold when helping others see what's lacking spiritually in their lives.
103. I am willing to step out in the unknown and see what happens.
104. I have readily provided the materials or money needed to make a great idea happen.
105. I practice a traditional or conventional way to successfully treat other peoples' physical ailments.
106. I work effectively in the background as an assistant helping others achieve their goals.
107. I have happily taken people in because they need a place to stay.
108. I make time to pray for others or for situations in need.

109. I spend time learning, researching or studying topics that are meaningful to me.
110. I have inspired people into action by speaking my vision.
111. I do compassionate deeds of mercy.
112. I seek out opportunities to immerse myself in other cultures.
113. I arrange, perform, direct and or teach music.
114. I work most effectively in groups or teams vs. alone or independently.
115. Information has been revealed to me that was not previously known to mankind.
116. I'm in that 20% that shows up 80% of the time to do hands on service.
117. I'm very creative at finding ways to help people learn and integrate new ideas.
118. Having a very simple lifestyle with few possessions brings me joy.
119. When someone comes to me with a concern, I am a creative critical problem solver.
120. I write books, articles, blogs, letters, journals or other forms of writing that people read.

Good Job!

Now let your guide know that you have completed the Inventory and request the next set of instructions on how to add up your totals.