

**Unitarian Universalist - Inventory of Gifts and Interests**

Adapted from "Spiritual Gifts Inventories" by Carol Shanks (Net Results, February 1997) for use in Unitarian Universalist congregations. Field test version.

This spiritual gifts inventory will help you *begin* to discover what your spiritual gifts might be. Use the information this inventory yields to discern more clearly how you might contribute to the well-being of your congregation while growing as an individual.

**This is not a test. There are no right or wrong answers. Each statement has five possible responses.**

As you read each statement, reflect for a moment as to how it describes *you*, and then rank it according to the following standard:

- 4 - The statement *strongly* applies to me.
- 3 - The statement *generally* applies to me.
- 2 - The statement would *sometimes* apply to me.
- 1 - The statement would *infrequently* apply to me.
- 0 - The statement *does not* apply to me.

4	3	2	1	0	<b>1.</b> I am able to organize ideas, things, time, and people for more effective results.
4	3	2	1	0	<b>2.</b> I receive much joy from working with my hands on various arts and crafts.
4	3	2	1	0	<b>3.</b> I find that my skills in building or repairing objects benefit others.
4	3	2	1	0	<b>4.</b> I like sharing with other people how liberal religion has changed my life.
4	3	2	1	0	<b>5.</b> I am able to share words of encouragement with those who are struggling in life.
4	3	2	1	0	<b>6.</b> There have been times when I have felt confident in the future, even when others have felt uncertain about where things were leading.
4	3	2	1	0	<b>7.</b> I am so confident that my own needs will be met that I give to my church and other charitable causes sacrificially and consistently.
4	3	2	1	0	<b>8.</b> I find joy in being a help to someone who can utilize my help and concern.
4	3	2	1	0	<b>9.</b> My home is always open to people passing through who need a place to stay.
4	3	2	1	0	<b>10.</b> When I take time for spiritual practice or meditation, I feel it will have tangible results.
4	3	2	1	0	<b>11.</b> Oftentimes, I feel able to perceive what is in the heart or mind of another person without his or her telling me.
4	3	2	1	0	<b>12.</b> I am able to motivate others to get things done.
4	3	2	1	0	<b>13.</b> I enjoy doing things to comfort people during sickness or times of problems and/or anxiety.

4	3	2	1	0	<b>14.</b> When I am singing, I feel great joy.
4	3	2	1	0	<b>15.</b> I would enjoy being involved in an instrumental music presentation.
4	3	2	1	0	<b>16.</b> I appreciate being called on to do things for other people.
4	3	2	1	0	<b>17.</b> I have enjoyed relating to a certain group of people over a long period of time, sharing personally in their successes and failures.
4	3	2	1	0	<b>18.</b> I feel that I can communicate ideas and knowledge to others so that they are helped.
4	3	2	1	0	<b>19.</b> When important decisions need to be made, I feel confident in my ability to do so.
4	3	2	1	0	<b>20.</b> When I use my ability to write, I know others will learn and grow from it.
4	3	2	1	0	<b>21.</b> I am able to plan and administer programs that will be of benefit to others.
4	3	2	1	0	<b>22.</b> I enjoy the times that I am able to create beautiful items with my hands.
4	3	2	1	0	<b>23.</b> I enjoy the work necessary for gardening, landscaping, and other projects.
4	3	2	1	0	<b>24.</b> I feel comfortable telling others how the church has sustained me in good times and bad.
4	3	2	1	0	<b>25.</b> I am able to talk with and build up those who are having difficulties in life, whether they are in despair, sorrow, or not sure of themselves.
4	3	2	1	0	<b>26.</b> When in a group, I am the one others often look to for vision and direction.
4	3	2	1	0	<b>27.</b> I am ready to forego certain privileges in order to give money to worthy causes.
4	3	2	1	0	<b>28.</b> When I volunteer at church or in other places, I really don't care who gets the credit.
4	3	2	1	0	<b>29.</b> I enjoy inviting visitors and guests (even strangers) home to dinner or refreshments after church events.
4	3	2	1	0	<b>30.</b> I take my devotional life very seriously and cultivate spiritual disciplines and practices.
4	3	2	1	0	<b>31.</b> I have the ability to discover new truths for myself through reading or observing the situation firsthand.
4	3	2	1	0	<b>32.</b> I am able to lead small and/or large groups of people into making decisions.
4	3	2	1	0	<b>33.</b> I enjoy helping and working with those people who are ignored by others.
4	3	2	1	0	<b>34.</b> In the area of vocal music, I enjoy performing alone and/or in a group of singers.
4	3	2	1	0	<b>35.</b> I am able to play a musical instrument effectively.
4	3	2	1	0	<b>36.</b> When other people ask me to lend a helping hand, I feel special.
4	3	2	1	0	<b>37.</b> I feel comfortable in leading a small group in study, discussion or spiritual practices.

4	3	2	1	0	<b>38.</b> I find it rewarding to teach people about Unitarian Universalism, its history, principles and values.
4	3	2	1	0	<b>39.</b> When a person has a problem, I can often help them to discern a solution or way forward.
4	3	2	1	0	<b>40.</b> I find pleasure in composing and writing paragraphs and stories for the growth of others.
4	3	2	1	0	<b>41.</b> I can easily delegate important tasks and responsibilities to other people.
4	3	2	1	0	<b>42.</b> I find joy in having a beautiful lawn, flowers, and shrubs that are properly placed and maintained.
4	3	2	1	0	<b>43.</b> The repair and maintenance of things comes easily to me.
4	3	2	1	0	<b>44.</b> It is easy for me to talk to other people about life and/or spiritual matters.
4	3	2	1	0	<b>45.</b> I am able to speak words of encouragement to those who are troubled, discouraged, or not sure of themselves.
4	3	2	1	0	<b>46.</b> I am able to maintain a sense of hope when all else looks dim.
4	3	2	1	0	<b>47.</b> I am content to maintain a lower standard of living in order to contribute financial support to organizations and causes I cherish.
4	3	2	1	0	<b>48.</b> When I do things behind the scenes and others are helped, I am pleased - even joyful.
4	3	2	1	0	<b>49.</b> I am able to provide food and/or lodging graciously and willingly to people who are in need, without judging them.
4	3	2	1	0	<b>50.</b> I find myself deep in thought, meditation or prayer when I could be doing other things.
4	3	2	1	0	<b>51.</b> Through study or experience, I have been able to discern the wisest course of action to take in major decisions.
4	3	2	1	0	<b>52.</b> When a group I am in is disorganized or drifting, I tend to step in to fill the gap.
4	3	2	1	0	<b>53.</b> Sometimes when I help people out, I know they may not even say "thank you," but I still enjoy helping them.
4	3	2	1	0	<b>54.</b> I enjoy singing familiar songs and hymns with a group from my church.
4	3	2	1	0	<b>55.</b> My ability to perform instrumental music has been or would be appreciated by others.
4	3	2	1	0	<b>56.</b> I respond cheerfully when asked to do a job, even if it seems menial.
4	3	2	1	0	<b>57.</b> I enjoy leading small groups of people, especially when I am able to show genuine care and concern for them.
4	3	2	1	0	<b>58.</b> I enjoy helping others learn things about life or religion that aid in building them up.
4	3	2	1	0	<b>59.</b> I can intuitively arrive at solutions to fairly complicated problems.
4	3	2	1	0	<b>60.</b> I am able to put my thoughts and ideas into positive, written form.
4	3	2	1	0	<b>61.</b> I am able to set goals and objectives, and then make plans to reach them.
I find joy in painting pictures or in making handcrafted objects.					

4	3	2	1	0	<b>63.</b> I find joy in lawn care and other outside maintenance.
4	3	2	1	0	<b>64.</b> When I share my, faith with others, I feel positively received and expect my sharing to be helpful to them.
4	3	2	1	0	<b>65.</b> I often share words of comfort, cheer, or encouragement with others.
4	3	2	1	0	<b>66.</b> I really believe that life will not let me down, even though everything around me seems to be falling apart.
4	3	2	1	0	<b>67.</b> I really enjoy giving my time to the church and contributing my share to its support.
4	3	2	1	0	<b>68.</b> I am able to assist key leaders to relieve them of detail work, so they can get back to their main jobs.
4	3	2	1	0	<b>69.</b> When people visit me at home, I am confident they feel good about being there.
4	3	2	1	0	<b>70.</b> I regard meditation or prayer as one of my favorite spiritual exercises.
4	3	2	1	0	<b>71.</b> I am able to discover important insights and knowledge that benefit me and others.
4	3	2	1	0	<b>72.</b> People look to me as a leader when things need to be done.
4	3	2	1	0	<b>73.</b> I enjoy working with those less fortunate than myself.
4	3	2	1	0	<b>74.</b> I am able to lead others in singing.
4	3	2	1	0	<b>75.</b> I like playing a musical instrument for the enjoyment of my friends.
4	3	2	1	0	<b>76.</b> I like being a follower more than a leader.
4	3	2	1	0	<b>77.</b> I have brought friends or relatives to church when I have felt they would benefit from being part of a spiritual community.
4	3	2	1	0	<b>78.</b> I enjoy teaching children or adults.
4	3	2	1	0	<b>79.</b> If a friend is faced with a problem, I am able to help him or her find a solution.
4	3	2	1	0	<b>80.</b> I enjoy writing words that will be of benefit to those who read them.
SUBMIT					

## Spiritual Gifts Inventory Score Sheet

Place the number (4, 2, or 0) in the appropriate box from your Spiritual Gifts Inventory. When boxes 1-60 are filled with their numbers, add the columns up going across (i.e. add box 1 + box 21 + box 41). Put the total for the 3 boxes in the Total Value box.

Note your 3 or 4 highest Total Values. These areas are most likely areas that you are spiritually gifted in. Gifts given to you by God. Take a look at the Summary of Spiritual Gifts for more understanding of your spiritual gifts.

Spiritual Gift	Total Value				
Administration		61	41	21	1)
Craftsmanship (Arts/Crafts)		62	42	22	2)
Craftsmanship (Manual)		63	43	23	3)
Evanglism		64	44	24	4)
Exhortation		65	45	25	5)
Faith		66	46	26	6)
Giving		67	47	27	7)
Helps		68	48	28	8)
Hospitality		69	49	29	9)
Prayer		70	50	30	10)
Knowledge		71	51	31	11)
Leadership		72	52	32	12)
Mercy		73	53	33	13)
Music (Vocal)		74	54	34	14)
Music (Instrumental)		75	55	35	15)
Serving		76	56	36	16)
Shepherding		77	57	37	17)
Teaching		78	58	38	18)
Wisdom		79	59	39	19)
Writing		80	60	40	20)