

NOTES ABOUT APEST

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### **Take Assessments (Enneagram, APEST, High 5 & 16 Personalities (Myers-Briggs))**

Assessment links and additional resources are on our website "Resources" tab.

APEST Link will be emailed to you.

### **Partner Connect - anytime (Phone, FaceTime, etc. - 30 min.)**

a. Watch Angie Richey's Video

- Link on Resource Page

b. Reflect on what you are learning about yourself.

### **Coaching Call #3 - (Unique Design)**

#### **Before:**

Take Assessments

#### **After:**

Answer Coaching Reflection Questions:

What (happened? feelings did I have? did I observe?)

So What (did I learn? am I curious about? conclusions did I make?)

Now What (would I like to change? skill do I want to develop? are my action steps?)

#### **Other:**

Lectio Divina on Psalm 139:13-18

Active Listen & Journal "What does God say about Me?"



There are many ways to discover who we are and how God has designed us. How can we lead others if we don't know ourselves? Kent Ingle proposes that self-reflection produces self-awareness. There is nothing mysterious about these tests. Each assessment's design gives you a greater awareness of yourself.

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### **Enneagram**

The Enneagram (Ennea=9, Gram=Diagram) is simply a map (GPS) for self-discovery and personal growth based on nine basic personality types. The Enneagram accurately and clearly describes why you think, feel, and behave in particular ways based upon your core fears and core desires. The Enneagram's power is in its ability to harness and transform self-limiting behaviors into life-enhancing personal empowerment. The Enneagram gift is that through self-discovery, one can create and sustain meaningful and lasting relationships with others, God, and themselves.

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### **High5 (StrengthsFinder)**

Studies show that focusing on using one's strengths instead of fixing weaknesses has a significant positive effect on physical, mental, and social well-being. In other words, strengths help you live longer, feel happier, and build better relationships.

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### **APEST**

Based on Ephesians 4:1-16, 5Q is the art of seeing Apostles, Prophets, Evangelists, Shepherds, and Teachers not just as a prescriptive text to be obeyed, but also as an interpretive key to understanding God's deeper purposes and design throughout creation, history, and The Church.

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### **16Personalities (Myers-Briggs)**

Many people find that understanding their personality type makes it much easier to see themselves objectively. This self-awareness helps them access their strengths and address weaknesses in ways that make their lives better. Personality typology is the concept of distinguishing people by their behavioral traits and viewing them as defined types.

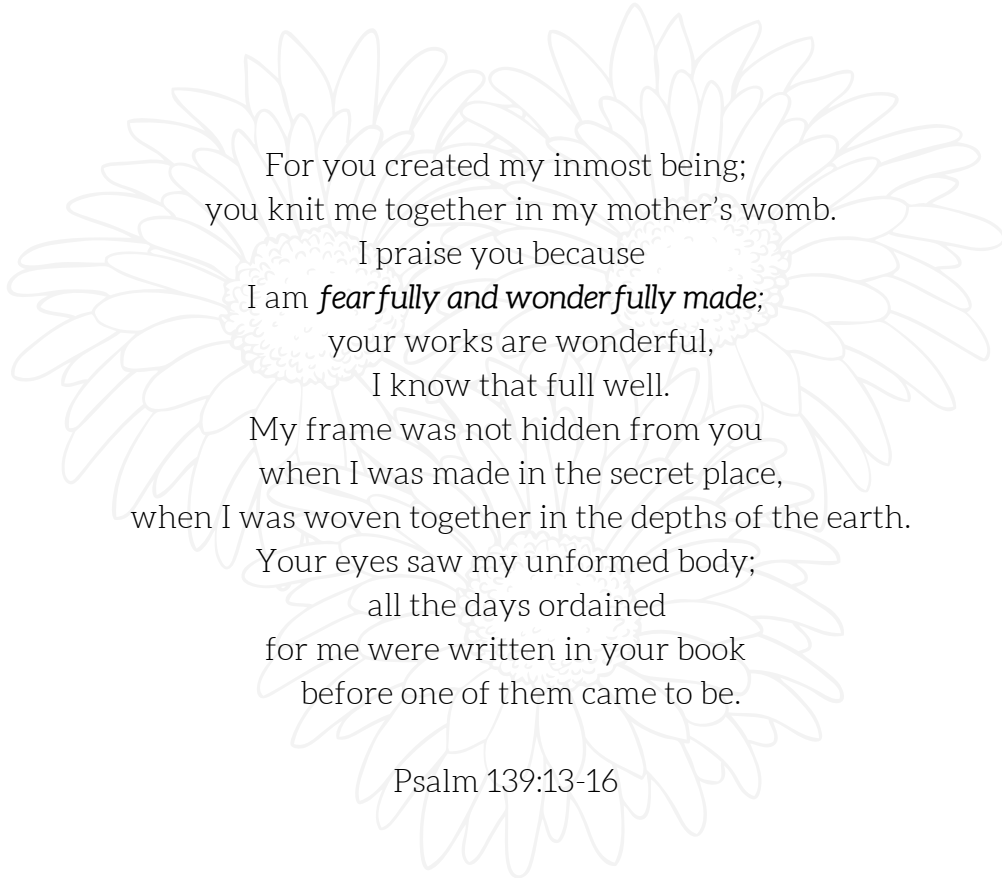
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*My Enneagram:*

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*APEST:*

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For you created my inmost being;  
you knit me together in my mother's womb.

I praise you because  
I am *fearfully and wonderfully made*;  
your works are wonderful,  
I know that full well.

My frame was not hidden from you  
when I was made in the secret place,  
when I was woven together in the depths of the earth.

Your eyes saw my unformed body;  
all the days ordained  
for me were written in your book  
before one of them came to be.

Psalm 139:13-16

*My Strengths:*

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*My Personality:*

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Lectio Divina  
“A Divine Reading”

**1. READ**

Psalm 139:13-18 SLOWLY out loud.  
After reading the passage slowly,  
write down any words/phrase  
that stand out.

**2. REFLECT**

Read the passage again, slowly.  
What do these words/phrases  
mean in the context of the  
passage? What is the overall view,  
the big picture?

**3. RESPOND**

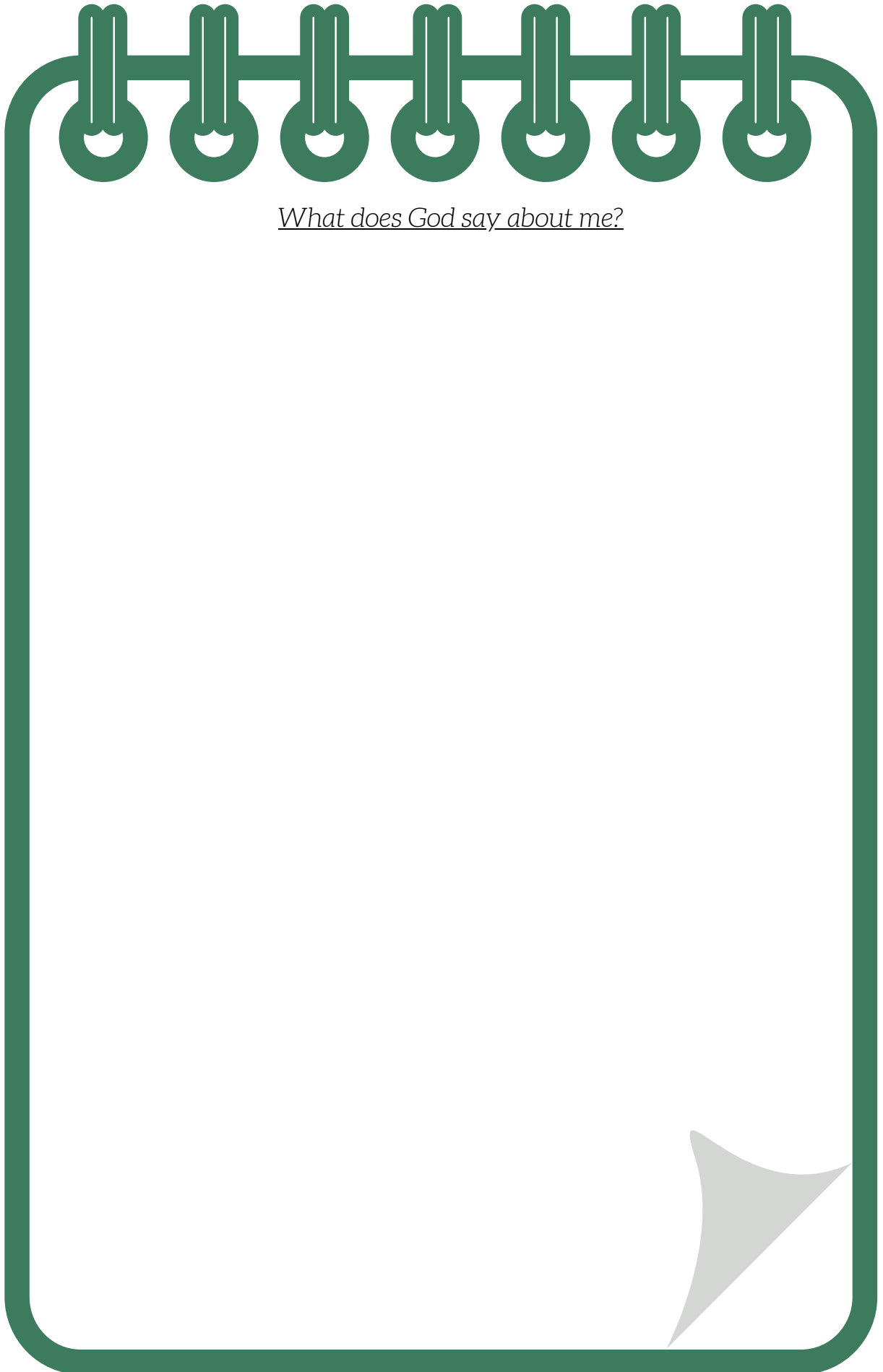
Read the passage again, slowly.  
Look at the words/phrases you  
have chosen and share your own,  
personal feelings about them.  
How are you responding to these  
words? How do you personally  
identify with these words/  
phrases?  
Remember you are not studying;  
however, you are responding.

**4. REST**

Read the passage slowly for the  
last time. Move into a time of  
listening and resting. Let God  
speak to you. Journal what the  
Lord speaks to you.

**5. RESOLVE**

As you emerge from your time of  
quiet and rest, resolve to carry  
His Words with you. It will have  
deeper meaning as you live out  
this incarnational truth that has  
been made known to you. What do  
you resolve to do with these  
words or phrases?



What does God say about me?