

FLEXIBLE CHARACTER TRAITS WORKSHEET

You are more fun-loving than hardworking and can be easily distracted. You are less interested in long-term goals and more interested in responding to the moment. You are capable of multi-tasking and being involved in many projects and goals at the same time. However, you tend to abandon plans easily when something more attractive comes around. You are often disorganized and tend to procrastinate. Keep in mind, these traits are attractive to many people because they make you a fun person to be with, especially your spontaneity and adaptability. You'll need to stay aware of your actions and your words so that you don't promise things you can't or shouldn't do.

Key Characteristics

- **Flexibility and Adaptability:** You are more open to spontaneity and change. Flexible individuals can adapt quickly to new situations and may be more willing to explore unconventional ideas and experiences.
- **Relaxed Attitude:** Flexible people might be less prone to stress and anxiety related to perfectionism or rigid planning. You may have a more laid-back and easygoing demeanor.
- **Social Spontaneity:** You might find it easier to engage in casual social interactions and make new friends as you may be less concerned about adherence to social norms.
- **Open-Mindedness:** A lack of rigid planning can lead to greater openness to new experiences and a willingness to consider alternative viewpoints and lifestyles.
- **Ability to Live in the Moment:** Flexible people might excel at living in the present and enjoying life's immediate pleasures, which can contribute to a sense of spontaneity and joy.
- **Risk Taking:** While this can have both positive and negative consequences, you might be more willing to take calculated risks, leading to potential rewards and opportunities.
- **Empathy:** A relaxed attitude might make it easier for flexible individuals like you to empathize with others' experiences and emotions, fostering stronger interpersonal connections.

Jesus' Teachings

It's important to note that interpretations of religious teachings can vary among individuals and denominations, but here are some ways in which the above characteristics may relate to Jesus' teachings.

- **Flexibility and Adaptability:** Jesus often exhibited flexibility and adaptability in His interactions. For example, He engaged with people from diverse backgrounds, adapting His teachings to their circumstances and needs.
- **Spontaneity:** Jesus' interactions were often spontaneous and responsive to immediate situations. His parables and teachings often arose from encounters with individuals or events in daily life.
- **Relaxation:** Jesus emphasized the importance of trust and faith in God's providence, encouraging His followers to avoid excessive worry and anxiety about material concerns.
- **Social Ease:** Jesus was known for interacting with a wide range of people, including those marginalized by society. His ability to connect with individuals from different backgrounds exemplifies social ease and open-heartedness.
- **Open-Mindedness:** Jesus challenged prevailing social norms and engaged with people who were considered outcasts. He emphasized love, compassion, and acceptance over rigid adherence to societal norms.

- **Living in the Moment:** Jesus often emphasized the importance of living in the present moment and not being overly preoccupied with material concerns or the future. He encouraged trust in God's care.
- **Risk Taking:** Jesus' teachings often called for radical acts of compassion, forgiveness, and selflessness that might be seen as risky or unconventional from a societal perspective.
- **Empathy:** Jesus' interactions with individuals demonstrated deep empathy and understanding. He often met people where they were and responded to their emotional and spiritual needs.

Character Journaling Prompts & Notes

Approach to Spiritual Planning and Organization:

- How do you incorporate planning and organizing spiritual practices or rituals into your daily life?

Embracing Divine Guidance in Unexpected Changes:

- How do you perceive unexpected changes or disruptions as opportunities for spiritual growth and divine intervention?

Finding Spiritual Meaning in Spontaneity:

- Can you describe a situation where being spontaneous led to a positive spiritual outcome or revelation?

Surrendering to Divine Timing:

- How do you manage your spiritual journey within divine timelines and deadlines?

Faith in the Face of Uncertainty and Ambiguity:

- How does your faith provide you with comfort and certainty amidst life's uncertainties and ambiguities?
