



PRACTICAL TRAIT WORKSHEETS

This document is designed to guide you through a series of reflective worksheets focused on identifying and strengthening your practical traits. These traits play a crucial role in your ability to navigate challenges, build relationships, and foster personal growth. By completing each session, you will gain a deeper understanding of your unique qualities and how they can be developed to support identity, purpose, resilience, and success.

Session 1: Take the Identity Assessment

Practical is your 'Primary' or 'Secondary' Trait (circle)

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PRACTICAL CHARACTER TRAITS WORKSHEET

You are a concrete, straightforward thinker. You distrust ideas and theories that do not have practical, real-world applications. You prefer tradition and conventional ways over new, untested ideas. You are more realistic than creative and often have difficulty imagining things that you have not personally experienced. Because of this, you may not be interested in trying new experiences, preferring instead to stick with what you know. Your approach to work is efficient, and you're likely comfortable with repetitive kinds of tasks, implementing projects, and handling all the details. It is extremely helpful to have Practical individuals on a team. You can remind people of what the foundational principles and goals are for the work they are doing.

“So then, brothers, stand firm and hold to the traditions that you were taught by us, either by our spoken word or by our letter.” **(2 Thessalonians 2:15)**

Holding to solid traditions is a healthy principle, and Paul confirms this as he shares this comment with the Thessalonian believers regarding Biblical principles and truths. The overall concept of being traditional, habitual, and efficient can be strong, effective, and encouraging for a team.

Key Characteristics

- **Traditional and Conventional:** You tend to prefer familiarity, routine, and traditional ways of doing things. Practical individuals may be more comfortable with established norms and values and may be resistant to change or unconventional ideas.
- **Practical and Down-to-Earth:** You often prioritize practicality and may be more focused on concrete, tangible matters rather than abstract or theoretical concepts.
- **Skepticism of Novelty:** You may be skeptical or cautious about trying new things or taking risks, preferring to stick to what you know.
- **Less Open to Diversity:** Practical people might be less accepting of diverse perspectives and may have a preference for conformity within their social groups.
- **Less Tolerant of Ambiguity:** You may feel uncomfortable with ambiguity and prefer clear-cut situations or answers.
- **Practical Decision-Making:** Individuals may prioritize practical considerations over considering the abstract or long-term implications of decisions.

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.

- **Emphasis on Tradition:** Practical people may prefer tradition and established ways of doing things. In some contexts, this could align with Jesus' teachings, as He respected and upheld certain traditional practices and values, particularly within the religious and cultural context of His time.
- **Simplicity and Practicality:** Jesus' teachings often emphasized simplicity, humility, and a focus on practical matters rather than materialistic pursuits. Individuals might find these teachings more relatable, as they tend to prioritize practical concerns over abstract or imaginative ideas.

- **Faith and Acceptance:** Practical individuals may be more likely to accept and adhere to a specific set of beliefs, which can align with Jesus' teachings about having faith and following a particular path.
- **Resistance to Temptation:** Practical individuals may be more resistant to trying new, potentially tempting experiences. In the context of Jesus' teachings, this resistance could align with the emphasis on remaining steadfast in one's faith and values.
- **Emphasis on Certainty:** Practical people might seek certainty and clarity in their beliefs and actions. In Jesus' teachings, this could relate to the emphasis on faith, trust in God, and the pursuit of a righteous path.

Character Journaling Prompts & Notes

- **Spiritual Stability and Routine:**
What aspects of your spiritual practices or rituals bring you the most comfort and effectiveness in your faith journey?
- **Traditional Methods in Spiritual Success:**
Can you share a situation where adhering to traditional spiritual methods or beliefs led to a successful outcome in your faith life?
- **Positive Outcomes from Small Spiritual Changes:**
Can you describe an experience where a small change in your spiritual routine or perspective led to a positive result in your faith journey?
- **Response to Spiritual Challenges:**
How do you typically respond when your spiritual beliefs or routines are challenged by new ideas or experiences?
- **Exploring Spiritual Interests:**
Are there any aspects of your faith or spiritual practices that you've been curious about but haven't explored yet?

PRACTICAL SPIRITUAL STRENGTHS WORKSHEET

You are a concrete, straightforward thinker. You distrust ideas and theories that do not have practical, real-world applications. You prefer tradition and conventional ways over new, untested ideas. You are more realistic than creative and often have difficulty imagining things that you have not personally experienced. Because of this, you may not be interested in trying new experiences, preferring instead to stick with what you know.

While practical individuals may be more resistant to change and new ideas, they bring valuable strengths to their spiritual journeys, including stability, commitment, practicality, focus, perseverance, and loyalty. Recognizing and nurturing these strengths can enhance their relationship with God and their contributions to their faith communities.

Spiritual Strengths

Stability and Consistency:

- **Strength:** Practical individuals often value stability and consistency in their beliefs and practices, providing a solid foundation for their faith.
- **Bible Reference:** *"Jesus Christ is the same yesterday and today and forever."* (Hebrews 13:8, NIV) – This verse emphasizes the importance of stability in faith.

Commitment to Tradition:

- **Strength:** They may have a strong commitment to traditional values and practices, which can foster a sense of community and continuity within their faith.
- **Bible Reference:** *"So then, brethren, stand firm and hold to the traditions which you were taught, whether by word of mouth or by letter from us."* (2 Thessalonians 2:15, NASB) – This highlights the importance of adhering to spiritual traditions.

Practicality and Realism:

- **Strength:** Individuals tend to be practical and realistic in their approach to spirituality, focusing on actionable faith rather than abstract concepts.
- **Bible Reference:** *"But be doers of the word, and not hearers only, deceiving yourselves."* (James 1:22, ESV) – This encourages a practical application of faith.

Focus on the Known:

- **Strength:** They often excel in deepening their understanding of well-established doctrines, allowing them to develop a strong foundation in their faith.
- **Bible Reference:** *"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."* (Ephesians 2:10, NIV) – This emphasizes the importance of knowing and fulfilling God's plans.

Dedication and Perseverance:

- **Strength:** It can lead to strong dedication and perseverance in their spiritual practices, enabling them to weather challenges without wavering.
- **Bible Reference:** *"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."* (Galatians 6:9, NIV) – This encourages perseverance in faith and good works.

Loyalty to Community:

- **Strength:** They often demonstrate strong loyalty to their faith community and its teachings, contributing to a sense of belonging and support.
- **Bible Reference:** *"And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another."* (Hebrews 10:24-25, ESV) – This highlights the value of community and mutual support.

PRACTICAL VULNERABILITIES WORKSHEET

Practical individuals tend to prefer routine, familiarity, and traditional ways of thinking. While these traits can provide stability, they also come with specific vulnerabilities.

Vulnerabilities

- **Resistance to Change:** Practical individuals may struggle to adapt to new situations or ideas, often feeling uncomfortable with change or innovation.
- **Limited Creativity:** They may have difficulty thinking outside the box or embracing creative solutions, relying more on established methods.
- **Narrow Interests:** A preference for familiarity can lead to a limited range of interests and experiences, potentially stunting personal growth and exploration.
- **Judgment of Others:** Low openness can manifest as skepticism or critical attitudes toward those who are more open-minded, leading to conflict or strained relationships.
- **Fear of the Unknown:** Individuals may experience anxiety or discomfort when faced with uncertainty or unfamiliar situations, leading to avoidance behaviors.

Jesus' Teachings

By reflecting on these teachings of Jesus, practical individuals can find guidance in addressing their vulnerabilities. Integrating these principles into their daily lives can promote personal growth, enhance adaptability, and foster a more open-minded approach to life and relationships.

- **Resistance to Change:** *"And no one puts new wine into old wineskins. If he does, the wine will burst the skins; and the wine is destroyed, and so are the skins. But new wine is for fresh wineskins."* (Mark 2:22)
This teaching emphasizes the importance of being adaptable and open to new ideas and changes. Embracing change can lead to growth and new opportunities.
- **Limited Creativity:** *"For nothing will be impossible with God."* (Luke 1:37)
This verse encourages individuals to believe in the possibilities beyond their current understanding. Cultivating a mindset that embraces creativity, and innovation can lead to new solutions and ideas.
- **Narrow Interests:** *"Go therefore and make disciples of all nations."* (Matthew 28:19)
This command encourages exploration beyond one's familiar environment. Engaging with diverse cultures and perspectives can broaden interests and enrich personal experiences.
- **Judgment of Others:** *"Judge not, that you be not judged."* (Matthew 7:1)
This teaching serves as a reminder to approach others with grace and understanding. Reducing judgment can foster empathy and openness to different perspectives and lifestyles.
- **Fear of the Unknown:** *"Do not be anxious about tomorrow, for tomorrow will be anxious for itself."* (Matthew 6:34)
This verse encourages individuals to trust in God's provision and focus on the present moment. Embracing the unknown with faith can alleviate anxiety and open one up to new experiences.

Other Practical Guidance

Personal Guidance

- **Embrace Small Changes:** Start by making small changes in your daily routine, such as trying a new restaurant or taking a different route to work. Gradually increase the scope of change as you become more comfortable.
- **Cultivate Curiosity:** Make a conscious effort to learn about new topics, cultures, or hobbies that interest you. Set aside time each week to explore something unfamiliar, whether through reading, documentaries, or workshops.
- **Challenge Your Perspectives:** Engage with viewpoints that differ from your own. Consider reading books, watching films, or participating in discussions that challenge your beliefs and assumptions.
- **Practice Mindfulness:** Develop mindfulness techniques, such as meditation or deep breathing, to help manage anxiety associated with uncertainty. This can increase your comfort with the unknown and enhance emotional resilience.
- **Set Personal Growth Goals:** Identify specific areas where you want to grow, such as developing a new skill or engaging in a new social activity. Create actionable steps to achieve these goals and hold yourself accountable.

Relationship Guidance

- **Be Open to Others' Ideas:** Encourage discussions with friends or colleagues that allow for the exchange of ideas. Practice active listening and refrain from immediately dismissing differing viewpoints.
- **Participate in New Activities:** Join a group or class that interests you but is outside your usual activities. Whether it's a hobby, sports team, or community service, engaging with new people can enhance social skills and expand your comfort zone.
- **Communicate Your Preferences:** Share your comfort with routine with friends and family but express a willingness to try new things occasionally. This can help set realistic expectations and create a supportive environment for growth.
- **Focus on Empathy:** Make a deliberate effort to understand the feelings and perspectives of others. Ask questions and engage in conversations that allow you to see things from their point of view.
- **Seek Feedback:** Ask trusted friends or family for feedback on your willingness to embrace new experiences. Their insights can provide valuable perspectives and encourage you to be more open.

Notes

PRACTICAL TRAIT NAVIGATING CHALLENGES

You are a concrete, straightforward thinker. You distrust ideas and theories that do not have practical, real-world applications. You prefer tradition and conventional ways over new, untested ideas. You are more realistic than creative and often have difficulty imagining things that you have not personally experienced.

Challenges You May Experience from Yourself and Others

Often at work, you may be faced with new, uncertain and/or changing situations. You could be faced with a breakdown in the process or system you need to get your job done or with an internal or customer related problem that has yet to be seen at your workplace. While you are innately 'wired' to seek practical and proven solutions to these problems, others may feel that your traditional approach is too rigid. Others may perceive you as conservative, too narrow in your thinking, set in your ways, and not accepting of change. It's helpful to be aware of how your practical and conservative approach at work can be perceived by others so that you can monitor your behavior.

How to Effectively Manage Challenges

- **Embrace practical solutions:** Use your preference for proven methods to address problems efficiently.
- **Stay open to change:** While maintaining your practical approach, remain receptive to new ideas and adapt to changing circumstances.
- **Communicate effectively:** Clearly convey your rationale behind your approach to ensure others understand your perspective.
- **Be flexible:** Demonstrate willingness to consider alternative solutions while sticking to what has been proven effective.
- **Seek feedback:** Actively solicit input from colleagues to ensure your approach is perceived positively and to identify areas for improvement.
- **Emphasize collaboration:** Work with others to find solutions that balance practicality with innovation.
- **Manage perceptions:** Be mindful of how your conservative approach may be perceived and make adjustments as needed to foster positive relationships.

Jesus' Teachings

By integrating these teachings of Jesus into your approach, you can navigate workplace challenges more effectively. Balancing practicality with openness to change, improving communication, and fostering collaboration will help create an environment where your traditional methods are respected while also allowing for innovation and adaptability. This alignment with Jesus' principles can lead to more fruitful interactions and a more harmonious workplace.

- **Embrace Practical Solutions:** Jesus emphasized the importance of wise and practical decision-making, as seen in the Parable of the Wise and Foolish Builders (Matthew 7:24-27), where building on a solid foundation is crucial. Use your preference for proven methods to address problems effectively. Ensure that your solutions are grounded in reliable principles and practices.
- **Stay Open to Change:** Jesus taught about the necessity of renewal and transformation, as indicated in Matthew 9:17, where He speaks about new wine needing new wineskins. While valuing traditional methods, remain open to new ideas and be willing to adapt your approach as circumstances change. Embrace growth and transformation.
- **Communicate Effectively:** Jesus communicated His thoughts clearly and often explained His actions (e.g., John 10:10), helping others understand His purpose. Clearly articulate the rationale behind your practical approaches, ensuring that your colleagues understand your perspective and the reasoning behind your methods.
- **Be Flexible:** Jesus modeled flexibility in His ministry, adapting His messages to different audiences (e.g., Matthew 13:10-17, where He explains parables to His disciples). Demonstrate a willingness to consider alternative solutions while still valuing effective practices. This adaptability can help bridge gaps between traditional and innovative approaches.
- **Seek Feedback:** Jesus often engaged with His disciples, encouraging dialogue and feedback (e.g., Matthew 16:13-20, where He seeks their opinions). Actively solicit input from colleagues to gauge how your approach is perceived. This openness to feedback can help you identify areas for improvement and enhance collaboration.
- **Emphasize Collaboration:** Jesus worked closely with His disciples, emphasizing the value of teamwork and cooperation (e.g., Mark 3:13-19). Engage with others to find solutions that balance practicality with innovation. Collaborative problem-solving can lead to more comprehensive and effective outcomes.
- **Manage Perceptions:** Jesus was aware of how His actions were perceived and often addressed misconceptions directly (e.g., John 2:18-22). Be mindful of how your conservative approach might be perceived by others. Make adjustments when necessary to foster positive relationships and demonstrate your openness to others' ideas.

Notes

PRACTICAL LEARNING STYLES

Based on your learning styles, here are the best way to engage and learn from the Bible.

Primary Learning Style: Read/Write



Read/write learners excel when they engage with written materials. They prefer reading text, taking notes, and creating written summaries to understand and remember information.

Read/Write Learner Resources

As a 'read/write' learner, here are some resources to help you better understand the bible and other concepts.

- **YouVersion reading plans at <https://www.bible.com/reading-plans>**
YouVersion has the most comprehensive reading plans and daily devotionals available in multiple bible versions and languages.
- **Where to start from Spoken Gospel at <https://www.spokengospel.com/quiz>**
Not sure where to start? Take our short quiz, and we'll find the perfect book for you.
- **BibleProject reading plans at <https://bibleproject.com/explore/>**
BibleProject has over thirty reading plans available on YouVersion's Bible app.

Secondary Learning Style: Auditory



Auditory learners learn best through sound and spoken word. They tend to retain information better through lectures, discussions, podcasts, and listening to explanations or recordings.

Auditory Learner Resources

As an 'auditory' learner, here are some resources to help you better understand the bible and other concepts.

- **Listen to the Bible from Bible.com at <https://www.bible.com/>**
Take God's Word with you wherever you go by downloading the free Bible App. Listen to audio bibles, create prayers, study with friends, and much more.
- **BibleProject audio podcasts at <https://bibleproject.com/podcasts/the-bible-project-podcast/>**
The BibleProject podcast features detailed conversations exploring the biblical theology behind each animated video and series they create.
- **Through the Word audio podcasts at <https://throughtheword.org/platforms/plans/>**
Understand the Bible in 10-minutes a day with clear and concise plans for every book and audio guides for every chapter of the Bible.

PRACTICAL RELATIONAL STRENGTHS WORKSHEET

Practical individuals have relational strengths that contribute stability, consistency, and practical insight in both community settings and conversations. While they may not seek out novelty or unconventional ideas, they bring a valuable, grounded perspective that enhances relationships in important ways.

Relational Strengths in a Community

- **Dependability and Consistency:** Practical individuals tend to be reliable and consistent, which can create a strong foundation for the community. Their predictability makes them trusted members, as others know they can count on them for routine tasks or long-term commitments.
- **Focus on Practical Solutions:** They excel at finding practical, realistic solutions to problems. Their focus is on what works in the real world rather than abstract or experimental ideas, which can bring balance to a community that needs to get things done effectively.
- **Commitment to Tradition and Stability:** Practical individuals often value tradition, stability, and established norms. In community settings, they help preserve cultural or organizational continuity, providing a sense of security and maintaining the group's identity over time.
- **Steadiness in Times of Change:** In periods of transition or uncertainty, their preference for familiar approaches can provide a sense of calm and reassurance to others. They help anchor the community, offering stable support when others may feel unsettled by change.
- **Attention to Detail and Structure:** They are often detail-oriented and prefer structured environments. In a community, this can translate into careful planning, thorough execution of projects, and attention to processes that help the group run smoothly.
- **Value of Loyalty and Responsibility:** They often correlate with strong loyalty to groups or causes they are invested in. They are responsible, committed, and often work hard to uphold their community's values and objectives, contributing to long-term success and cohesion.

Jesus' Teachings

Practical individuals often value tradition, structure, and stability. They tend to be cautious and prefer established ways of doing things, which can bring relational strengths such as reliability, consistency, and a strong commitment to maintaining order and community traditions. These qualities reflect a deep respect for what has been proven to work and a focus on preserving stability within a community. Jesus' teachings often emphasize the value of steadfastness, faithfulness, and the importance of following established moral principles.

Teaching on Faithfulness, Obedience to Tradition, and Stability

One of Jesus' teachings that reflects the strengths of practical individuals is His emphasis on adhering to foundational moral laws and the importance of obedience to God's commandments.

Matthew 5:17-18: *"Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them. For truly I tell you, until heaven and earth disappear, not the smallest letter, not the least stroke of a pen, will by any means disappear from the Law until everything is accomplished."*

PRACTICAL CONVERSATION STRENGTHS WORKSHEET

Practical individuals have relational strengths that contribute stability, consistency, and practical insight in both community settings and conversations. While they may not seek out novelty or unconventional ideas, they bring a valuable, grounded perspective that enhances relationships in important ways.

Conversational Strengths

- **Clarity and Directness:** Practical individuals communicate in a clear, straightforward manner. This can make conversations with them efficient and easy to understand, avoiding unnecessary complexity or ambiguity.
- **Respect for Established Ideas:** They tend to value tradition and established knowledge, which can provide a strong foundation in conversations. They are likely to draw on time-tested principles, facts, and proven methods, bringing a sense of security and wisdom to discussions.
- **Grounded Perspective:** Their focus on practicality means they often keep conversations grounded in reality. They excel at offering realistic perspectives and solutions, avoiding speculative or abstract ideas that may not be actionable.
- **Loyal and Trustworthy:** In conversations, they are loyal and trustworthy communicators, often building strong, lasting relationships. They tend to stay consistent in their views and are less likely to change their mind abruptly, which fosters a sense of stability and dependability.
- **Supportive of Tradition and Values:** In conversations, they reinforce the importance of tradition, values, and norms, which can bring cohesion in groups that prioritize stability and shared principles. They offer reminders of the group's history and what has worked in the past, keeping discussions anchored in what the community stands for.
- **Problem-Solving Focus:** When discussing issues, they often prefer to focus on practical problem-solving. They are action-oriented and look for solutions that are based on experience and practicality, making them helpful in resolving conflicts or tackling concrete challenges.
- **Patience and Thoughtfulness:** They tend to be thoughtful and deliberate in conversations, taking time to consider their responses carefully. This can lead to well-reasoned input and a measured approach to discussions, avoiding rash or impulsive conclusions.

Jesus' Teachings

Practical individuals tend to prefer stability, tradition, and consistency in their approach to conversation and communication. Their strengths include reliability, practical wisdom, and a focus on established truths and values. They often contribute by maintaining a steady and clear direction in discussions, valuing proven methods and conventional wisdom over novel ideas. Jesus' teachings often highlight the importance of remaining grounded in truth, faithfulness, and the value of building on a strong foundation—traits that align with the strengths of practical individuals in communication.

Teaching on Stability, Faithfulness, and Clarity

One of Jesus' teachings that reflects the strengths of practical individuals in conversations is His emphasis on building one's life on a firm foundation, which represents steadfastness and reliance on established truth. In Matthew 7:24-25, Jesus teaches about the importance of being grounded in His words and acting consistently on them:

Matthew 7:24-25: *“Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock.”*

This teaching emphasizes the strength of being grounded, stable, and faithful to foundational truths. Practical individuals bring clarity and reliability to conversations, ensuring that discussions stay focused on proven and practical wisdom.

Teaching on Trusting in Tradition and Wisdom

Jesus also encouraged faithfulness to God’s commands and the value of abiding by the teachings passed down from Scripture. In Matthew 5:17-18, He affirmed the importance of maintaining faithfulness to God’s laws, respecting the traditions while fulfilling their deeper spiritual meaning:

Matthew 5:17-18: *“Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them. For truly I tell you, until heaven and earth disappear, not the smallest letter, not the least stroke of a pen, will by any means disappear from the Law until everything is accomplished.”*

This teaching reflects the strength of respecting tradition and established truths, aligning with practical individuals who appreciate consistency and proven wisdom in their conversations.

Bible Verse that Represents These Conversation Strengths

A Bible verse that reflects the strengths of a practical individual, particularly their commitment to truth, clarity, and stability, is:

Proverbs 3:5-6: *“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”*

This verse highlights the importance of trusting in established wisdom and following a clear, consistent path—qualities that practical individuals value in conversations. They emphasize the need to rely on tried-and-true principles rather than seeking out uncertain, new ideas.

Notes
