

A
RESOURCE
GUIDE TO

KEEPING YOUR
COOL

WEEK 1

NO COMPARISON
YOU'RE MADE FOR THIS

**THINGS THAT I AM THANKFUL FOR
IN THE WAY GOD MADE ME :**

*(i.e., I am determined, I am creative, I am thoughtful,
I am patient, I am a servant...)*

SUGGESTED RESOURCES:

CLASSES:

S.H.A.P.E. CLASS

Offered at NCCTK throughout the year

BOOKS:

The Best Yes by Lisa Terkeurst

StrengthsFinder 2.0 by Tom Rath

Victory Over Darkness by Neil Anderson

LifeKeys: Discover Who You Are by Jane
A. G. Kise & David Stark

*Your Beautiful Purpose: Discovering and
Enjoying What God Can Do Through You*
by Susie Larson & Ann Voskamp

YOUR PERSONALITY

Active/Task-oriented

LION...L

“Let’s do it now”

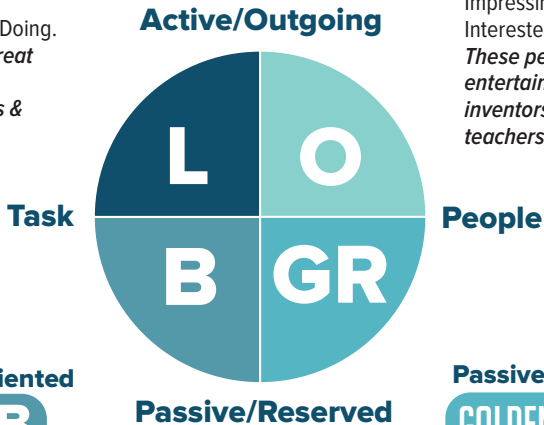
Dominating, Directing,
Driving, Demanding,
Determined, Decisive, Doing.
*These people make great
leaders, organizers,
conductors, managers &
entrepreneurs.*

Active/People-oriented

OTTER ...O

“Trust me! It will work”

Inspiring, Influencing, Inducing,
Impressing, Interactive,
Interested in people.
*These people make great
entertainers, designers, artists,
inventors, coaches, salesmen &
teachers.*



Passive/Task-oriented

BEAVER...B

“Let’s do it right”

Cautious, Competent, Calculating,
Compliant, Careful, Contemplative.
*These people make great college
professors, accountants, computer
code writers, researchers,
scientists, engineers, plumbers,
administrators & doctors.*

Passive/People-oriented

GOLDEN RETRIEVER ...GR

“Let’s keep things the
way they are”

Steady, Stable, Shy,
Security-oriented, Servant,
Submissive, Specialist.
*These people are great care givers,
counselors, assistants, servers &
nurses.*