
A SELF-REFLECTION WORKBOOK

RICHLY RESOURCED WORKBOOK

A workbook for documenting the
wealth of treasures you carry.

CHIMAMAKA IGE



Hi friend, welcome!

I'm Chimamaka Ige

My name means 'My God is Good' in my local Ibo dialect and I like to describe myself as proof of God's goodness. I am a writer and consultant. My mission is to heal, empower, inspire, and transform people and organizations through my words and I do this by God's grace through my respective expressions.

This workbook was inspired by a conversation with one of my dear friends, who was also very instrumental in the production of my book, *'You Are Enough'*. While we discussed how the different aspects of our lives fit together to make us richly resourced, we decided to share the framework with you as you also think through the different aspects of your life.



Why You Need This?

This resource will help you discover, realize, and document aspects of yourself you probably didn't realize make up the rich resource that you are.

The truth is that you are richly resourced! God has so intricately woven so much into you.

I look forward to hearing about the discoveries you make as you engage with this workbook.

Love, Chimamaka!

RICHLY RESOURCED WORKSHEET

The S.H.A.P.E Framework

SPIRITUAL GIFTS

PERSONALITY

HEART

EXPERIENCES

ABILITIES

The framework adopted from "*S.H.A.P.E: Finding and Fulfilling Your Unique Purpose for Life*" by Erik Rees (2008)

RICHLY RESOURCED WORKSHEET

Beyond the SHAPE framework, other aspects of your life contribute to the wealth of treasures you carry and have been resourced with throughout your life.

INTERESTS

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RELATIONSHIPS

LESSONS LEARNED

ACCOMPLISHMENTS

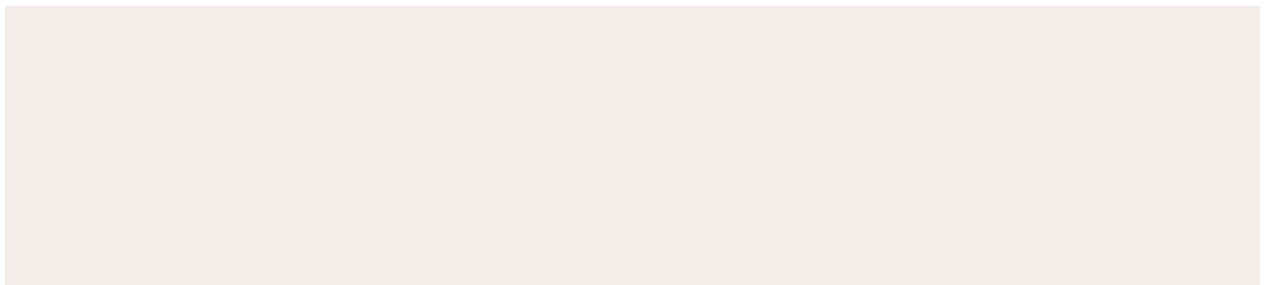
EDUCATION

RICHLY RESOURCED WORKSHEET

Beyond the SHAPE framework, there are other aspects of your life that contribute to the wealth of treasures you carry and have been resourced with throughout your life.

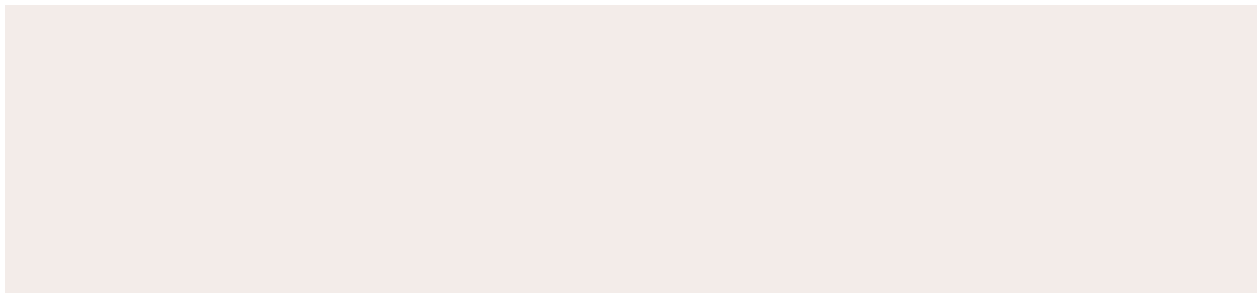
1. My Character Traits:

Character traits are unique aspects of a person's attitudes, behaviour and beliefs that contribute to their personality.



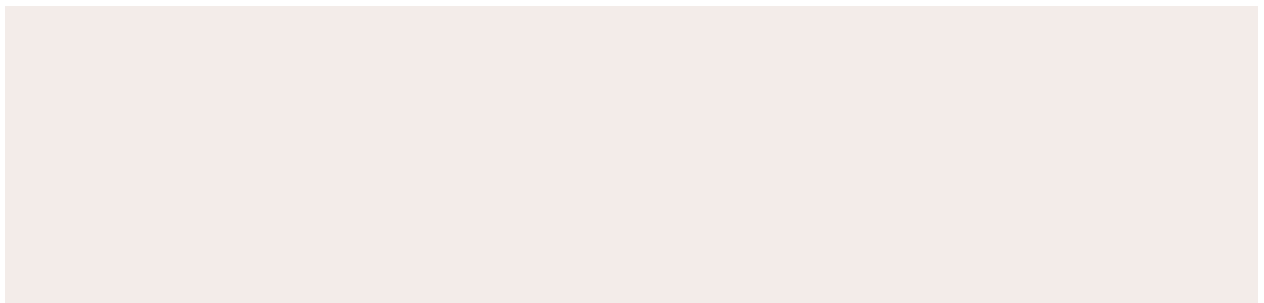
2. What I Like About Myself:

Attitudes and attributes I appreciate and value about myself.



3. My Bible Verses:

Perhaps, there are Bible verses that stand out or resonate deeply with you that you want to document. Please think of these as part of the resources (promises) God has endowed you with.



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Beyond the SHAPE framework, there are other aspects of your life that contribute to the wealth of treasures you carry and have been resourced with throughout your life.

Any other comments and thoughts you want to include?

YAE TRUTH:



Your edge in this crowded market of the world isn't just the skills or knowledge you will acquire or have acquired. It is also in the intricate nuances beautifully reflected in the way God created you different from the beginning. It is in your divine identity.

Thank you!

It is my privilege and honour to share this guide with you. I believe this worksheet has been a blessing to you.

With this resource, you can look through and see how intentional God has been in richly resourcing you for your life's assignments.

Believe me, when I say, nothing is a mistake! You are indeed richly resourced!

Love always, Chimamaka!



Please Share Your Experience!

You Can Reach Out:



Send a DM @chimamaka.ige



Visit www.chimamakaige.com



Send an email to: hello@chimamakaige.com

I look forward to hearing you.

Never forget, you are loved, valued and enough!