

What Makes You Significant?

*“Precisely where you are wounded
lies your greatest calling.”*

What Is A Wound?

In his book, *Be Healed*, Dr. Bob Schuts describes a wound as *an experience of unlove*. He goes on to describe this as an area where you should have been loved and weren't or an area where you were mistreated and actively unloved. I would add that a wound can result from *a misinterpretation of the experience of being loved*, which I believe broadens our scope to the entirety of the human experience.

Why Are Wounds Significant?

Because spiritual warfare is real. The enemy uses and abuses your wounds to block you from becoming *who you are*. Figuring out what to do with your life and what desires you have is not simply a matter of personal satisfaction, it is you stepping into the role that has been written on your heart since your creation. Wounds block us from hearing God's voice. They make it very hard for us to find our calling, our mission in life. We often miss their importance because we move on, we bury or we forget the pain and are only vaguely aware of a general symptom like aimlessness, boredom, dissatisfaction or a sense of meaninglessness with our struggles in life. But you, my friend, are *Fearfully and Wonderfully Made* so *what makes you significant?*

Your Identity

Our wounds are a roadmap to our identity. The enemy works efficiently. If he can get us to doubt who we are at our core, then we will not live up to our full potential and will fall short of our calling.



Do you want to live
fully alive?

Let's get going!

Let's begin the work to **uncover** your wounds so you can heal and **discover** who you are.

Where Are My Wounds?

Follow this quiz to help you bring some awareness to where your identity has been wounded. Once equipped with this knowledge, you can begin the healing work the Lord has been dying to walk you through. Get going,
He misses you!

****Rate your answer for how true each statement feels with a numeric rating of 3 = Almost Always, 2 = Sometimes, 1 = Nearly Never. ****

		Almost Always	Sometimes	Nearly Never	Total
	My Right To Exist				_____
1.	I doubt my value when I fail to perform to my own or another's standards.				
2.	I feel guilty spending money on my needs and wants.				
3.	I feel my needs are an unnecessary burden to others.				
	The Power of Agency				_____
4.	I feel at the mercy of my circumstances or big emotions.				
5.	I depend on other people to get me out of a bad mood.				
6.	I feel unable to make a decision until I get someone else's input.				

	My Unique Mission				_____
7.	I lack conviction or direction with my life.				
8.	I just don't know what I'm supposed to do with my life.				
9.	I can't identify any desires, passions, or strengths I have that help make me a gift to the world.				
	Destined For Joy				_____
10.	Life feels flat and unexciting.				
11.	I have a hard time getting excited by the idea of sainthood.				
12.	I feel resistance around the topic of intimacy with God the Father.				
	Worthy of Love				_____
13.	I believe that I am not good enough for the life I have.				
14.	I struggle with shame, fear of rejection, or guilt.				
15.	I depend on other people's approval to know I'm good enough.				

Provide the totals below to each section so you can see where you would most benefit from coaching and where the healing work can begin!

Where Wounds Lie	Total Score
1. My Right To Exist	
2. The Power of Agency	
3. My Unique Mission	
4. Destined For Joy	
5. Worthy of Love	
	/45

The higher the number in each section, the greater opportunity for healing.

The higher your total score, the more you would benefit from coaching.

The good news is that healing is possible and help is available!

Reach out.

It's time for you to be free from the pain. It's time to let the Lord into these aches of your heart.



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Call to Action

We all have wounds. Coaching can help you immensely to work through them because it gives you a very practical way to notice where you may be living in your wounds and how you may be living in the false beliefs that stem from these wounds in your daily life. Coaching then teaches you the skills to do something about it, empowering you to change the trajectory of your life and live more in line with who you were created to be.

Satan works hard to take us out at our core. If we doubt our identity, our goodness, our value, then we will not live out the incredible mission we were created for and then there is less for the devil to fight against. This is why the spiritual warfare of the mind is so important, so pivotal in our lives and on our road to sanctity.

If you would like help in any one of these 5 areas, reach out for [coaching](#), and we can work together to help you gain freedom from these lies so that you can become the fullest version of yourself - living a life on Fire, Full of Joy, and Content in your Identity as a Child of our Good, Good God.

Example Of Quiz Below↓

Where Are My Wounds? Example

Rate your answer for how true each question feels with a numeric rating of 3 = Always, 2 = Sometimes, 1 = Never. Total each section.

		Always	Sometimes	Never	Total
	My Right To Exist				9
1.	I doubt my value when I fail to perform to my own or another's standards.	3			
2.	I feel guilty spending money on my needs and wants.	3			
3.	I feel my needs are an unnecessary burden to others.	3			
	The Power of Agency				7
4.	I feel at the mercy of my circumstances or big emotions.	3			
5.	I depend on other people to get me out of a bad mood.		2		
6.	I feel unable to make a decision until I get someone else's input.		2		
	My Unique Mission				5
7.	I lack conviction or direction with my life.		2		

8.	I just don't know what I'm supposed to do with my life.			1	
9.	I can't identify any desires, passions, or personal strengths I have that help make me a gift to the world.		2		
	Destined For Joy				4
10.	Life feels flat, leading to nowhere exciting.			1	
11.	I have a hard time getting excited by the idea of sainthood.			1	
12.	I have trouble believing that the God of the universe wants to know ME.		2		
	Worthy of Love				8
13.	I believe that I am not good enough for the life I have.	3			
14.	I struggle with shame, fear of rejection, or guilt.		2		
15.	I depend on other people's approval of me to know I am good enough.	3			

Where Wounds Lie	Total Score
6. My Right To Exist	9
7. The Power of Agency	7
8. My Unique Mission	5
9. Destined For Joy	4
10. Worthy of Love	8
	/45

Given how I scored on this test, I would either start getting coached first in the area of “My Right To Exist”, capturing reactive thoughts and beliefs that may be confirming the lie in my head that tells me my right to be here is contingent and not inherent.

Sometimes it can be hard to focus on capturing thoughts in a specific area, especially if we are new at this skill. If that’s you, having the knowledge this quiz provides will help you to be less surprised when this area keeps coming up in my coaching sessions and more ready to capture and work through thoughts in your specific areas, and come to a point of healing and freedom.