

## WORKSHEET: *CAPTURING THE GOLD FROM YOUR EXPERIENCE*

*"To know what you know and know what you don't know is the characteristic of one who knows." Confucius*

*"Experience is a useless thing unless it is evaluated." Howard Hendricks*

### **Session Keys:**

- #1 Each of us has more valuable experience than we realize. However it is not usable or beneficial to others unless it is evaluated reflectively and recorded clearly so that it may be effectively shared.
- #2 This reflection guide will help you to identify, reflect and record the key insights of your experiences so they can be readily recalled and shared with others.
- #3 Reflection is the key to making the most of your experience.
- #4 Reflect and record your other experiences before attempting to share them with others.

### **Capturing Your Experience Worksheet**

**STEP ONE: Identify potential significant experiences you could share. (compare with website mentoring categories).**

- What organizational, ministry & life transitions have you navigated well?
  
- What crisis/ challenges have you walked through effectively?
  
  
  
  
  
  
  
  
  
  
- What growth, decline or plateau challenges have you worked through effectively?

- What relationship conflicts/ challenges have you worked through?
- What ministry pressures have you overcome well enough to help another pastor?
- What ministry related family challenges have you experienced & processed?
- What else?

**STEP TWO: Select one of those experiences to reflect on for this exercise.**

**STEP THREE: Answer Key Questions reflectively in writing.**

**Record the experience**

- What was the central challenge we faced?
- What other related challenges existed?
- What were the key steps/ incidents that occurred?
- What was our plan of action?
- Why did we determine that plan of action?
- What resulted from our/ my approach?

## Reflect on the experience

- Where did we get stuck?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
- What went well?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
- What was critical to a positive outcome?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
- What would you do differently? Why?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
- Where did you see God's hand in this situation?

- What did God teach you through this situation?
  
- How were others impacted as a result of your approach to the challenge?
  
- What were the costs experienced as a result of the challenge?

**STEP FOUR: Date and store your reflections for future reflection and sharing.**

**Final Synopsis: (One sentence summary)**

What we faced:

What we did:

What I learned: