

FIVE AND A
HALF
QUESTIONS
EVERYONE MUST
ANSWER



IN SEARCH OF
PURPOSEFUL
IDENTITY

Workbook

CONTENT

INTRODUCTION 01

CHAPTER 1 03

CHAPTER 2 07

CHAPTER 3 10

CHAPTER 4 13

CHAPTER 5 16

CHAPTER 6 18

CHAPTER 7 21

CHAPTER 8 & 9 23

INTRODUCTION

THE SILENT KILLER

“

[The] killer is the Identity Thief (Satan), and his sole purpose is to make you believe you're something you're not. He deceives you into believing lies and then tells you to pour those same lies into others.

Joe Pellegrino

INTRODUCTION



BEFORE YOU BEGIN

Attitude is KEY! As human beings, we can control very little. Attitude is one thing - actually the only thing you can always control

Take a moment to assess where you're at. Maybe you're unhappy with your circumstances or the choices you've made in the past. Maybe you're unsure if change is really possible. Remember, the attitude we approach situations or relationships with - even this study - is a game changer, regardless of your circumstances.

What is your attitude right now?

Type Your Answer Here

SECTION BREAK

C H A P T E R

01

WHAT ARE YOUR STRENGTHS

You probably think there's some big secret to discovering your strengths. No secret. All you need is self-awareness and effort. Your strengths are in you right now. Recognizing them is critical.

JOE PELLEGRINO

Let's continue with a 35,000 view of who you are right now:

Rearview Mirror Folks

1. **Type One:** You still bathe in old success, living in the bygone "glory days". You are stuck in the past.
2. **Type Two:** You are haunted by memories of past failures, unable to forgive either yourself or someone else. You are paralyzed.
3. **Type Three:** You just love to look at yourself. You're consumed with **you** to an unhealthy, unproductive, and damaging degree, both with yourself and in your relationships with others. The world revolves around you.

Front Windshield Folks

1. **Type Four:** You are looking out the front window in a parked car, dazed and confused, unsure of which road to take. You are frozen, indecisive.
2. **Type Five:** You are looking straight ahead, like a horse with blinders, going one hundred miles per hour, missing things - good things- and essential stop points along the way. You are going to run out of gas, but you don't realize it. You are out of control and unaware of your surroundings.
3. **Type Six:** Your eyes are wide open to the beauty of God's majesty, taking everything in. Your path is open as far as it needs to be, and even though the distant miles are yet unseen and ambiguous, you're moving forward no matter what. You will take the road as it comes. You are on solid ground.

Out of these six types of people, which are you?

TOOL #1

YOUR PERCEIVED STRENGTHS

Remember, strengths are your dominant thinking, feeling, and doing patterns. How can you recognize them? Try this:

First, write down what you believe are your strengths

Type Your Answer Here

Next, get feedback

Ask someone who will give you honest feedback what they think of your list. They may tell you that they don't recognize these strengths in you. Ask them why. Then ask them if they see any strengths in you that you're not aware of. Do this with a few people. Be sure the people you ask are ones who love you and have your best interests at heart. Then compare. Once you've discovered some mutual recognition, begin to build on your findings.

There are several other tools that will help you identify your strengths through personality testing. They include Strengths Finder 2.0, DiSC, and Myers-Briggs Type Indicator to name a few. These can help you find your core preferences and patterns for thinking, feeling, and doing. You grow stronger when you spend time in your strengths. By directing all your energy to your strengths, you'll surely get the results you aim for more quickly. (Just keep in mind that there's a difference between skills and strengths. Skills are things that you learn over time, while strengths come naturally.) By focusing on your strengths, you become more efficient, creative, and productive. The byproduct of this is you will be happier and more fulfilled.

TOOL #2

THE FIVE FINGERS OF STRENGTH

A great tool to unlock strengths is The Five Fingers of Strengths. This tool uses your hand as a guide.

THE THUMB

This is the hands strongest appendage. The thumb has power.
Identify the top strengths within you. Use Tool #1.

THE POINTER

This finger points the way.
How would you like to see the greatest strength you possess put into action in the future?

THE MIDDLE

The middle finger stretches out past all the other, taking risks.
What risks do you have to take to make your strength a focal point in your life?

THE RING

Quiet, but paramount. The ring finger represents commitment.
What do you have to commit to so your strength can grow?

THE PINKIE

The pinkie is the great equalizer. It completes the hand and helps hold everything together. This finger represents the little things.
What are the little things you can change today to feed your strengths?

TOOL #3

THE RIGHT SOIL

Where are the places you go to promote your strengths to shine? Michael Jordan's place was the court. Terry Fox's was the road. Who are the people who both encourage you and push you to be the best you? What is the right soil that promotes your strengths, so they shine?

For some people, it's the library. For others, it's the gym. For others, it's a person, like a coach or a friend. Again, you must recognize these places and people in your life so you can thrive. If you ignore or are unaware of your surroundings and influences, it's easy to plant seeds of greatness in the wrong soil and therefore never experience the growth that would have occurred had they been planted in good soil.

LIST TEN PEOPLE WHO INFLUENCE YOUR TIME. THEN ANSWER THE FOLLOWING

1. Does this person build me up? Yes/No
2. Does this person care about my success? Yes/No
3. What does this person mean to me?

LIST FIVE PLACES YOU GO THAT CONSUME YOUR TIME. THEN ANSWER THESE

1. Does this place inspire me? Yes/No
2. Is this place contributing to my strengths? Yes/No
3. Who else does this place attract?

FOR YOUR STRENGTHS TO SHINE, WHAT KIND OF SOIL DO YOU NEED?

C H A P T E R

02

WHAT ARE YOUR
WEAKNESSES

There are three types of weaknesses. DNA, Life-Altering Experiences, and Character. A DNA weakness is something that you are born with. It is something inherent to you and it's something that, at best, is extremely difficult to overcome.

A Life-Altering Experience weakness is an unforeseen moment that might change your entire outlook, and which in turn, has had a negative impact on your potential progress. Character weakness' are our own character flaws, aspects of our persona that need to and can be changed.

JOE PELLEGRINO

CHALLENGE

TOOL #4

FIND A FRIEND

Character weaknesses and life-changing experiences can pose a severe threat to our true identity if we allow them to take root. One of the best ways to unplug such weaknesses is by having someone with whom we can share our burdens, a person who holds us accountable to change—a friend.

Many of us would rather skip that part. We don't want to waste time on improving a part of ourselves that we can easily keep hidden. Sometimes we are afraid to think about what has happened in the past. But this leads to an unhealthy internalization of thoughts, feelings, and struggles, and a tendency to travel the road alone when, on either side, there are people who would be willing to help.

Our journey toward purposeful identity doesn't have to be happen alone; we should not detach from each other. So reach out and ask a friend to keep you accountable. It's a daily battle, a continual surrender, when it comes to character weakness or a life-altering experience. Every day we fight to lay down our pride, our lying, our cheating, our wandering eyes, the troublesome grip of the past. Be grateful for the friends who are there for you, to listen and to keep you in the fight.

WITH WHOM CAN YOU SHARE YOUR LIFE WITHOUT BEING JUDGED?

TOOL #5

HEALTHY WEAKNESS AWARENESS FORMULA

WHAT ARE YOUR WEAKNESSES, REALLY?

The truth will set you free, so let's get to it. The world is the Identity Thief's playground. Moment after moment, he will lie, try to intimidate you and hide your purpose from you, discourage you, and destroy any attempt you make at progress. One look at the Terry Fox and Nick Vujicic stories, and you know what I'm saying. A place where the Identity Thief can't reside is in a place of honesty. One thing he does want is for us to believe that our weaknesses are irreversible. However, when our strengths are working together in concert, our shortcomings are more easily overcome.

Simply put, for us to recognize our weaknesses, we must first be honest with ourselves. Then we need to engage our strengths so that we can be overcomers. Let's make some progress and figure out a weakness or two.

When asking ourselves about a weakness, we can either be honest or dishonest, constructive or destructive. The formulas below are designed for a person who is taking an active introspective and extrospective look at their self-weaknesses - be they DNA, life-altering, or character. Like the previous tools, where you investigated your strengths, the sole purpose of this tool is to help you identify your weaknesses.

There is a problem, however. People typically don't like recognizing weaknesses. Some will avoid recognition at all cost and obtain a delusional perspective on what their real weaknesses are, never truly being able to pinpoint what weaknesses need attention. Others hyperinflate their weaknesses and in the process become unjustifiably depressed because they allow self-pity into the equation. It is always wise to avoid self-pity.

There are four formulas listed below, but only one works for sure, kind of like the parable Jesus used about the seed sower and the four different types of soil. He laid out each path and the result of each one to avoid, but he also revealed the right path and soil to plant seeds in.

The first thing to do is list as many perceived traits, skills, interests, goals, visions, etc. that you want to review about yourself. Then ask if they are a weakness and follow the formula outlines to get a true answer. (Hint: Doing this activity with someone who knows you well may yield better results.) Here are the possible formulas when asking yourself about weaknesses.

STEP 1

The first thing to do is list as many perceived traits, skills, interests, goals, visions, etc. that you want to review about yourself. Then ask if they are a weakness and follow the formula outlines to get a true answer. (Hint: Doing this activity with someone who knows you well may yield better

TOOL #5

HEALTHY WEAKNESS AWARENESS FORMULA (cont.)

STEP 2

Ask + Dishonest with Oneself = Delusional Weakness Awareness

It is delusional because, from the beginning, dishonesty with the self has polluted the person's ability to see reality purely.

An example of this could be a star running back who wants to play quarterback but constantly ignores his inaccuracy and poor arm strength, all while telling himself he is good and getting better despite no true progress.

Ask + Be Honest with Oneself + Embrace Self-Pity = Depressing Weakness Awareness

Being honest with oneself about weaknesses takes humility and is good, but dwelling on them is unmotivating, deflating, dispiriting, and depressing. Finding and sustaining progress amid a depressed attitude would be a daunting task.

An example of this would be a college student who fails five chemistry exams in a row. If he is honest, he will determine he is not doing well in chemistry. If he allows self-pity in and views chemistry with an attitude like "Dang, I'm going to fail this course, but it doesn't matter because it's just too tough for my limited mind to comprehend," he will miss the opportunity to improve and save his GPA.

Ask + Be Dishonest with Oneself + Embrace Self-Pity = Destructive Weakness Awareness

When it comes to weakness, if you're dishonest with yourself, then a lie can quickly become destructive. For instance, an all-star quarterback could begin to question his ability if he started throwing a few incomplete passes during practice. This is different from the running back because the quarterback's skill has already been realized by the coaches. Now, pressure to perform and worry about failing affects the QB. He starts asking if he's really any good or if he's surrounded by hype-men. Feelings of doubt infiltrate his confidence, stunting his growth. If he decides to dwell on those emotions and picks apart his game, all the work his coaches are doing to build up a big-time player could be lost. If the star athlete remains in this pressure zone, he may very well find he naturally steps away from his calling and loses a huge piece of his identity in the process. The result is a destructive weakness awareness.

Ask + Be Honest with Oneself + Avoid Self-Pity = Healthy Weakness Awareness

This is the only formula that will ultimately benefit your awareness of your weaknesses.

TOOL #5

HEALTHY WEAKNESS AWARENESS FORMULA (cont.)

NOW THAT YOU
HAVE WORKED
THROUGH THE
FORMULAS,
ASK YOURSELF....



What are your perceived weaknesses?

A large, empty rectangular box with a double-line border, intended for writing answers to the question above. The box is oriented vertically and occupies a significant portion of the lower right area of the page.

SECTION BREAK

C H A P T E R

03

WHAT ARE YOU PASSIONATE ABOUT

"Many people die with the music still in them.
Too often it is because they are always getting ready to live...
before they know it...time runs out."

OLIVER WENDELL HOLMES

TOOL #6

TIPS FOR PASSION

Here are some tips for discovering your passion(s):

Always be hungry to learn. Life can change in a minute, so when it comes to knowledge, take it in. The more you know about you, the more you know what you like or dislike

Always be humble. As we pursue our passions, success will follow. You'll get good at the things you love. It's inevitable because we don't give up on what we love. The important thing is to stay humble and remember to never misuse a gift.

Never settle. Always give your best effort. Don't settle for less!

Take the chance. You indeed miss 100 percent of the shots you don't take. Be willing to take a chance on yourself. You have a great Partner on your side who wants to see you successful, but you have to take a chance and want it.

If you fail, learn the lesson. Failing isn't a bad thing. Not learning from failure is what's bad. From our very first steps, to our journey through school, and finally to the career world, we have all failed at one time or another. But why did that determined baby get up and try again—and again—even after a fall? Because failure was teaching that little one a lesson: "If you want to get over to Mom or Dad, you're going to have to want it!"

1. What are your internal passions?

2. What are your external passions?

TOOL #7

THE PASSION QUIZ

01.

Why is it important to be humble?

04.

What am I willing to sacrifice to make my passion a reality?

02.

Have I settled?

05.

What am I willing to invest into my passion?

03.

What is blocking me from finding my passion?

06.

If today were my last day to live, what would I do?

SECTION BREAK

C H A P T E R

04

WHAT IS YOUR BRAND

"Your brand is what other people
say about you when you're not
in the room."

JEFF BEZOS

TOOL #8

5 Questions to Identify Your Brand

WHAT DO YOU STAND FOR?

WHAT DOES YOUR NAME CONVEY?

HOW DO PEOPLE LABEL YOU?

WHAT ARE YOU KNOWN FOR/WHAT DO PEOPLE EXPECT OF YOU?

WHY DO PEOPLE COME TO YOU?

TOOL #9

THE NOW AND SOON

Let's take some time to build self-awareness. What are you currently known for? Write it below. Then write what you would like to be known for (a vision for the future).

WHAT ARE YOU KNOWN FOR NOW?

WHAT WOULD YOU LIKE TO BE KNOWN FOR?

Think back to your passions and strengths that can help make these traits become a reality. Remember, a decision is required, and it must be intentional.

So, what are you known for? What would others say about you behind closed doors? How have you reacted or responded to the trials of life? Are you an overcomer? Here are some things many of us would like to be known for, and maybe you would too:

- A leader who challenges people and helps them achieve their goals.
- A parent who encourages and equips their family for generations to come.
- A person who is supportive, empathetic, and reliable to others
- A person who creates an environment where people feel safe and comfortable to be themselves
- An innovator who is always trying to make a difference in the community

SECTION BREAK

C H A P T E R

05

WHAT DO YOU BELIEVE

If you don't stand for something,
you will fall for anything.

GORDON A. EADIE

CHALLENGE

TOOL #10

WHAT DO YOU BELIEVE?

TAKE A FEW MINUTES TO WRITE DOWN WHAT YOUR BELIEFS ARE AND WHAT THEY ARE ROOTED IN:

ASK YOURSELF, "IS THIS SOMETHING I WOULD DIE FOR?"

SECTION BREAK

C H A P T E R

06

WHY

Ask questions and put what God says
about you to the test:
Why am I built this way?
Why do I have these particular strengths,
weaknesses and passions?
Why do I believe what I believe?

JOE PELLEGRINO

TOOL #11

SNAPSHOT OF YOU

The previous five questions in TOOL #8, can be powerful awareness builders when answered honestly and intentionally. If you've gone through the book and written down the answers to each question, then you've already begun equipping yourself. Take your answers and write a descriptive paragraph about what you have discovered about yourself. These questions will provide you with a snapshot of who you are today, at least in your own eyes.

WHAT ARE YOUR STRENGTHS?

2. WHAT ARE YOUR WEAKNESSES?

3. WHAT ARE YOUR PASSIONS?

4. WHAT IS YOUR BRAND?

5. WHAT DO YOU BELIEVE?

CHALLENGE

TOOL #11

SNAPSHOT OF YOU (cont.)

WRITE YOUR PARAGRAPH BELOW:

SECTION BREAK

C H A P T E R

07

IDENTITY

There's an urgency for discovering
and living out authentic identity in America...
Sooner or later, the hollowness of adopting
who others say you are will become evident.

JOE PELLEGRINO

TOOL #12

FAILURE FOR THOUGHT

Take a moment and write down your top two failures in life (use some details, no one but you has to read this) and see the lessons they have imparted to you, no matter their nature, from your perspective (positive or negative).

FAILURE 1:

What was the outcome?

What did you learn?

How have you used this failure to grow?

If you haven't, how could you?

FAILURE 2:

What was the outcome?

What did you learn?

How have you used this failure to grow?

If you haven't, how could you?

SECTION BREAK

C H A P T E R

08 & 09

PURPOSE

You have a call on your life. No matter the call, no matter how big or small, whatever it is that you were created for, be assured the call is alive.

JOE PELLEGRINO

CHALLENGE

TOOL #13

THE PURPOSE TEST

If you think you know your specific purpose, put it to the test.

ASK YOURSELF THESE SPECIFIC QUESTIONS:

Does it go against scriptures? (see Hebrews 4:12; Psalm 119:105)

Does this activity bring glory to God? (See 1 Corinthians 10:31)

Is it profitable to my Christian walk? (See Matthew 16:26)

Will this build up others? (See 1 Corinthians 14:17)

Does it take advantage of your gifts and talents? (see Ephesians 2:10)

Now, ask God for answers and be still and listen (see James 1:5-8; Psalm 46:10). Remember, the devil isn't scared of the Jesus in you. He's scared when Jesus comes out of you. Don't miss out on, sabotage, or misappropriate your true purpose!