

Building your life around LOVE makes sense.

Love ↔ Link 6 = Love ↔ **COMPETENCE**:

- **Love Guides and balances your COMPETENCIES (C).**
- **Believe it!**

THE TRUTH ABOUT YOUR COMPETENCE:

- People are usually best at doing what they love to do. We tend to excel in these areas.
- Our sense of well-being is greatest when we use our competencies to the fullest.
- It is important to discover what our competencies can be. Not everyone has the same potentials. We are all unique, so discovery is an important undertaking for everyone.
- Some potentials are obvious, while others are hard to see.
- Competencies are best confirmed when others benefit from them, not when we think we recognize or state them.
- There is a difference between a natural talent, a gift, a skill, a capacity, and a preference. Each of these needs to be developed, used, and balanced.
- It does not matter how many potentials we have – one or one hundred - it matters that we discover, develop, and use them in a positive way.
- While society and family commonly link our value and worth to our potentials, God does not link them. By virtue of our creation and existence, we are of immeasurable value to him.
- Education, training, and experience are ways we can develop our talents, gifts, skills, capacities, and preferences. Not all are needed for everyone, and their importance depends upon who we are and what others expect or require.
- Positive potentials can be used in good or bad ways – we have a choice.
- Love Guides and balances your **COMPETENCIES (C).** **Believe it!**

TAKE ACTION: Listening to what others observe about your benefits to them is as a first step to understanding competencies. A next step to discovery is to take tests, make lists of what you are good at doing, and note what gives you energy. Don't be timid or lazy. Each potential you have needs to be developed and used for that competency to blossom. **You can change your beliefs!**

LIES: I am not good at anything. I am of no value. I have no unique skills. *Don't believe them!*



1 **Make a list** of what you “**enjoy doing**”. Include those things you would also like to do.
2 **Check** (✓) all of these items where “**others have benefited**” from them. Next, confirm your checks - be proactive and ask others how your actions have helped. For those items you have yet to try, you can **ask** if they would benefit from these things. **3** **Find some ways** to take assessments and discover where you have potentials. Next, talk to others and listen to what they observe about your potentials. **4** **Write down a plan** to both “**develop**” and “**use**” all your natural talents, gifts, skills, capacities, and preferences. Next, **share** these plans with others and involve them. **5** **Check** (✓) those plans that “**develop your character**”. Remember that not all competencies are related to tasks, many are related to our character skills and “who” we are.

Learn to live well - use your gifts to the fullest.

HOW & WHY IT WORKS:

- Our “sense of well-being” is a natural outgrowth of how we discover, develop, and use our competencies.
- Our competencies are a major element of our **Developmental-Self**; using our competencies for good gives value and worth to ourselves, others, and our Creator.
- Our competencies are part of God-the-Holy Spirit’s image in our lives, which helps us develop a sense of well-being in all we do.
- Linking our



COMPETENCE (C) to God’s love helps contribute to the well-being of our lives, the lives of others, and God’s purpose for our lives.

- We do not have to use our competencies to be loved by God, but when we do, it enriches our life and the lives of those around us.
- When our competencies are linked to God’s love, we experience greater purpose, motivation, and fulfillment in our lives.
- **COMPETENCE (C)** is our *God-Image Element*® #6.

