THE BE LIST

A simple exercise for discovering who God made you to be

Most of us spend a lot of energy thinking about what we do — our roles, our to-do lists, our performance. We spend far less time thinking about who we are. The Be List is a simple exercise because it takes just a few minutes, but it can shift how you see yourself — not as a list of tasks, but as a person uniquely designed by God.

Grab a sheet of paper (or do this with your spouse, side by side) and answer three questions.

1. Who am I on my best day?

Write down six words that describe qualities you naturally show on a good day — not what you do, but who you are being. If you get stuck, try words like: *Kind, Patient, Honest, Fun, Loyal, Compassionate, Bold, Gentle, Faithful, Creative, Generous, Steady.*

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2. Who could I be if I put a little effort toward it?

Write down two qualities you already carry, but that need a little more intention to show up consistently.

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3. Who do I believe God wants me to become?

Write down one quality you sense deep down that God is inviting you to grow into. This is the leading edge of your growth right now.

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Now that you have your list...

Sit with what you wrote. This is your Be List — nine words that reflect God's design in you.

- Read it out loud. Notice how it feels to hear those words describe you.
- If you did this with your spouse, share your lists with each other. Ask: What surprised you about mine?
- Post it somewhere you'll see it — your mirror, your car, your desk. The next time you're unsure what to do in a hard moment, ask: "What would the person on this list do?"

God rejoiced over His creation (Genesis 1:31) — and He rejoices over you. Growth isn't about becoming someone new. It's about becoming more fully who you already were made to be.