

# The Three Minute APEST Test

Write the number in the box that best describes each statement: 1 - Rarely 2 - Sometimes 3 - Always

**A**

1 I can be counted on to contribute original ideas \_\_\_\_\_

2 I can clarify goals, develop strategies, and cast a vision to accomplish tasks. \_\_\_\_\_

3 I like change even when it makes others uncomfortable. \_\_\_\_\_

4 I've always wanted to build a business/organization from the ground up so I can give my specific vision to it. \_\_\_\_\_

5 People describe me as entrepreneurial. \_\_\_\_\_

→ **Total for Questions 1-5**

**P**

6 I can accurately assess a person based on first impressions and know instinctively if they are being real with me. \_\_\_\_\_

7 Social justice for the poor and marginalized means a great deal to me. \_\_\_\_\_

8 I sometimes get frustrated and even depressed at the lack of faith or understanding of others around me. \_\_\_\_\_

9 I sometimes feel compelled to speak the truth even if it makes others feel uncomfortable. \_\_\_\_\_

10 I regularly like to be alone for long periods of time to reflect and think. \_\_\_\_\_

→ **Total for Questions 6-10**

**E**

11 When I'm excited about something, I get others interested in it too. \_\_\_\_\_

12 People with different value systems have said that they feel comfortable when they are around me. \_\_\_\_\_

13 I like to tell stories, especially my own. \_\_\_\_\_

14 I like to share what I believe. \_\_\_\_\_

15 Sometimes, in my enthusiasm, I push my views too far with people. \_\_\_\_\_

→ **Total for Questions 11-15**

**S**

16 I am good at listening and taking in what people say. \_\_\_\_\_

17 I remember names or at least where I first met someone. \_\_\_\_\_

18 I like to provide a safe and comfortable environment where people feel they are welcome, that they belong, are listened to and cared for. \_\_\_\_\_

19 I am faithful in providing support, care and nurture for others over long periods of time, even when others have stopped. \_\_\_\_\_

20 I empathize with those who are hurting or broken and can support them through their pain to wholeness. \_\_\_\_\_

→ **Total for Questions 16-20**

**T**

21 People say I am good at presenting information and ideas. \_\_\_\_\_

22 I try explaining things in different ways if people are finding a concept difficult to grasp or understand. \_\_\_\_\_

23 I love to show people how to do things that I do well. \_\_\_\_\_

24 I enjoy taking notes when someone is speaking and pay close attention to the details of what they are saying. \_\_\_\_\_

25 I enjoy coming up with the best, most efficient way to do a task right. \_\_\_\_\_

→ **Total for Questions 21-25**

**A** - Apostle

**P** - Prophet

**E** - Evangelist

**S** - Shepherd

**T** - Teacher