



Gifts & Talents Worksheet

1. Lifelong yearnings reveal the presence of a talent, particularly when they are first felt early in life. Take a moment to become a child again. Remember a specific time and place where you felt safe and loved. Picture your favorite place to be as a child. Now, see if you feel any particular yearnings. What do you want to do when you grow up? What games do you love to play? What activities are you drawn to?

2. Rapid learning offers another trace of your talents. Something sparks your interest and the speed at which you learn a new skill provides a tell-tale clue to your talent's presence and power. Remember a time and place where you were starting a new job, or facing a new challenge, or in a new environment and needed to learn a new skill. While learning this particular new skill you found your brain seemed to light up as if a bolt of lightning suddenly infused you with mega-energy. The learning process felt fun and effortless. Where were you? What was going on? Who was there? What skill were you learning?

3. Spontaneous, top-of-mind reactions to stressful situations you encounter provide another, not so obvious, clue to your special talents. They reveal the location of strong neural connections in your brain. Take a moment to remember a stressful situation in your life. Remember the details of the situation and how you reacted. It doesn't matter whether or not you feel there was a positive outcome. What was your first response? How did the situation turn out? What specific actions did you take during the situation? Focus on your *spontaneous* actions in relation to the situation:

4. Satisfaction shines the big spotlight on your talents. Your strongest synaptic connections are designed so that when you use them, there's that chemical release of serotonin and you feel good. So, if it feels good when you perform a specific activity, chances are also good that you're using one or more of your talents. Make

a list of any positive activities that bring you psychological and/or physical satisfaction. The activities where you find yourself thinking, "When can I do this again?" What specific situations seem to bring you a sense of well-being, joy or satisfaction? What activities or situations do you find your self anticipating with excitement?

5. In creating a specific niche for your business, you want to draw attention to your well-known and understood strengths and/or strengths that you've recently acknowledged. These strengths are a combination of all your positive attributes and become the focus of your marketing style and communication. Your strengths become what differentiate you from every other business in your industry.

Describe your experience and credentials:

Describe any education, training or certification you have:

Describe your personal background in any way that it might relate to your business and/or the products or services you provide:

Describe the ways you and your company are different from others in your industry:

6. Write your work life story! This step may take a bit of time, but it is well worth it in gaining great insight into your special talents, experience and expertise. (You will need a separate notebook or paper for this exercise.) Think back to the very first job

Now write a short bio that incorporates these words and phrases.
