

My Gifts and Talents

Excerpted from
Is Your Ladder Leaning Against the Wrong Wall?



Available at www.balancedliving.com/lifepurpose.html

Part I: Self-Evaluation

List your personal characteristics, those things that uniquely define you ... personality, physical, intellectual and emotional including any and all unique gifts and talents you may have.

What things do people compliment you on?

What do they seek your opinion/advice/assistance on?

What talents do you have that are being underutilized currently?

What are some ways you could apply those talents more in your current or previous situation?

Who could you brainstorm these ideas with further?

What do you do that gets you in trouble?

How can you apply the thing that gets you in trouble in a way that is constructive?

Are there areas in which further training would be helpful to refine certain creative or interpersonal skills? If so, list below.

Part II: How Others See My Gifts and Talents

Ask three people for permission to interview them regarding your gifts and talents. Ask them to be as honest as possible and promise to take all feedback as a contribution to you. Listen carefully to what they say...do NOT argue or contradict them...just listen, write it down and thank them for their contribution.

1) What are my greatest strengths?

Personality:

Physical (i.e., strength, poise, grace, etc.)

Intellectual:

Emotional:

2) What would you consider to be my most special gift or talent? This is something I do well with little effort. It just seems to be a part of who I am.

3) What trait do I have that seems to get me in trouble or not have me be as successful as I can be?

4) Do you have suggestions for improvement/ training? Every trait has two sides, i.e., our greatest strength is often our greatest weakness. Do you see a way that I can use that trait in a constructive manner?

