

“Let each citizen contribute their natural talents or acquired skills to the greater benefit of all in the community.”

Michael Tellingner

YOUR SKILLS AND TALENTS

It’s time to take a good look at your gifts. What skills and talents have you recognized as your own? What are your special abilities? And we might as well look at what you are not so good at now too - it all comes together to help you find the path that was made especially for you!

Prompt #1: What do you excel at - what skill do you have that you are very aware of?

Prompt #2: What has always come easily to you? What do you naturally do well now?

Examples:

- *I’m a great baker and cook and I love to help people who are going through tough times by making meals for them.*

Prompt #3: What skills or talents do you have that you may have previously used but don't engage in any longer?

Example:

I am a very good writer, but I don't seem to look for opportunities to use that gift. Perhaps I could start journaling, or write blogs or do editing work.

Prompt #4: In what areas do other people recognize your talents and abilities more than you do?

Example:

Your English teacher loves your writing style; the mother you babysit for says you can calm her baby better than she can; people are amazed at how quickly you can multiply numbers in your head; friends always come to you when they need help with their computer.

“Follow your dreams and use your natural-born talents and skills to make this a better world for tomorrow.”

Paul Watson

Prompt #5: What do you presently do that isn't a productive use of your time, energy, effort and talent?

Prompt #6: What are your reasons for NOT attempting something new, even though it excites you? Do your reasons have to do with your abilities or what other people might think of you?



“Talent you have naturally. Skill is only developed by hours and hours and hours of beating on your craft.”

Will Smith

Prompt #7: When your friends and family are looking for advice, what subject areas prompt them to come to you...what topics would make them consider you as their source of knowledge or insight?

Prompt #8: What are some skills that you want to learn or develop?



Prompt #9: How could you use your specific skills, talents, passions and values to serve others or contribute to causes or organizations?

Examples:

Rachel has a heart for the elderly in nursing homes. She loves to make greeting cards and she loves to play the piano. At Christmas she went to a nursing home with a card for each resident and handed them out after playing Christmas carols on the piano.

SKILLS AND TALENTS SUMMARY

Take a few minutes now to review your answers to the Skills and Talents section. Again, do you see any themes emerging? Any thought patterns that you see over and over again? Write a couple of sentences about your discoveries and insights from this section.

“Balance, peace, and joy are the fruit of a successful life. It starts with recognizing your talents and finding ways to serve others by using them.”

Thomas Kinkade