



Talents & Skills

In this section you will reflect on your own talents and skills, but dig deep on what truly comes natural to you. For part of this you may want to solicit the help of people around you because they may be able to point out things that you may have not realised before. One thing that you can do is do a survey with family members, friends, and coworkers (those that are truly supportive) and ask them to tell you at least three things that they consider to be your talents or skills, whether big or small. Let them know that even if it is something that they think you already know, that you would appreciate the confirmation via feedback. This is important because they may be reluctant to say things that may seem obvious to them, but they may not be obvious to you.

My key talents/abilities that come naturally to me are: (What do you excel at or do effortlessly?)

I shine when:

I keep being drawn to:

Others tell me I'm good at:

What skills do you have that are unique?

What skills have you acquired that you have found were more useful than you had anticipated?

What talents do you have that come easy to you which others might find difficult?