

Many of us don't think that we have talents, gifts, or skills. However, we all have them. What things come naturally to you? What personality traits do you have that are gifts and talents like healthy communication skills, organized, helpful, or practical? What skills have you acquired over your life? Many times we don't recognize that they are talents, gifts, or skills because they feel so natural to us. Still, if you can't think of anything ask some family or friends. They often see things in us that we tend to gloss over. We also may have some that we don't like to do and that is ok. On the 2nd column just write the ones that you like to do.

In addition, many of us don't think we can help others or think that we have experience with anything that others would want. This is just not true. You have lived a unique life and gotten through many of life's challenges that others are experiencing and needing help with right now. Think of a time when someone has helped you. Wasn't it nice to not have to go through it alone? Fill in this chart and take your time to really ponder what you can bring out to the world. You are special and wonderful!!

Example:

What are my talents/gifts/skills? (you can mention traits and characteristics)	What are my talents/gifts/skills that I like to do?	What experiences, struggles, or challenges have I been through that I can share with others to help them?	How can I bring my talent, gift, or experience to help others?
Practicality	Practicality	Breaking through depression and feeling no purpose	I can inform people how to get over food allergies, maybe a step by step guide
Teaching	Teaching	Getting over food allergies	I can teach people methods to find their purpose in life.
Informative Writing	Informative Writing		I can teach yoga
Swimming			
Yoga	Yoga		
MS Office			

