STRENGTHS, TALENTS, ABILITIES AND APTITUDES

Review the list below and consider which items are within you. Admittedly all talents are within each soul as potentials but be more specific about the ones, which you feel are especially available to you. Indicate those with an “x” in the appropriate blanks. There are spaces at the end of this list to add others that occur to you.

Friendly motivator sense of humor writer
Innovative financially adept articulate committed
Sensitive loyal forgiving empathetic
Creative artistic psychic leader
Imaginative kind mechanically skilled pragmatic
Trouble-shooter intuitive good with animals good cook
Playful nature industrious good with plants wise
Orderly planner good with children cooperative
Energetic patient good teacher logical
Good listener good with ___________________________

Others __________________________________________________________________

When you have finished, go back and reconsider each item next to which you have placed an “x”. Do you intuitively sense that you are meant to do something more with some of these talents? Even if you do now know what that “something more” is, can you identify some of your strengths which have a special feeling when you think about them? Perhaps they give you a feeling of unfulfillment or a feeling that something is yet to be done with that ability. Try to find between four and eight items that fit this descriptions and change your notation to an “xx”. This double “x” will indicate a strength that we will particularly want to consider later.