

# Unlock Your Unique Preferences

# Five Clues To Talents

Your everyday life is filled with many clues to your talents. Reflecting on how you feel and go about activities can help understand the natural ways you think, feel and behave. These are clues to your unique, natural talents!

The first step to owning your unique strengths and making them your superpowers is to NAME them. This worksheet is about making this knowledge visible to you.

## A hint of yearning

Which tasks are you the first put your hand up for?

What makes you feel more energy when you're finished than before you started?

Which activities drain you of energy?

## A hint of rapid learning

What kind of skills did you pick up quickly and easily?

What have you done that seemed to take forever for you to learn even when you knew all the steps?

## A hint of satisfaction

What activities do you look back on and know you just have to do them again?

**What are these hints telling you about your talents?**

## A glimpse of excellence

What have you done that you look back on and wonder... how on earth did I do that???

What activities give you a kick while doing them?

## Lost in the flow

What tasks have you done that, even when it's the first time, felt as though you've always known how to do?

What things do you do that seem to take no time at all?

What do you do that captures all of your attention and sweeps you away?

Are you ready to **Claim** your strengths?  
Scan this QR code to **Feel. Lead. Be. Better!**

