

Tapping into What You Enjoy

What do you enjoy most about your current work? (Even if you dislike most of it, there may be one feature that you enjoy.)

What do you most enjoy doing when you're not working? (Hobbies, recreational interests, etc.)

What do you most enjoy learning about?

What do you most enjoy making? (What do you enjoy as a beginning-to-end process?)

If you were financially independent and money was not a factor, what kind of work would you do?

Taking the Talent Quiz

Rank each of the following talents on a scale of one to ten, with ten representing an extraordinary level of talent; five, an average level of talent; one, an extremely small amount of talent.

	Rating
1. An ability to organize	_____
2. An ability to motivate	_____
3. An ability to mediate	_____
4. An ability to instruct	_____
5. An ability to manage	_____
6. An ability to execute	_____
7. An ability to lead	_____
8. An ability to inspire	_____
9. An ability to counsel	_____
10. An ability to make things work (mechanical ability)	_____
11. An ability to build things	_____
12. An ability to design things	_____
13. An ability to heal	_____
14. An ability to put people at ease (diplomacy)	_____
15. An ability to contemplate (philosophize)	_____
16. An ability to arrange things beautifully	_____
17. An ability to make beautiful things	_____
18. An ability to perform (entertain)	_____
19. An ability to communicate through speech	_____
20. An ability to tell stories that instruct	_____
21. An ability to be playful	_____
22. An ability to persist	_____
23. An ability to perceive the essential	_____
24. An ability to juggle many responsibilities or activities at once	_____
25. An ability for efficiency	_____
26. An ability to be loyal	_____
27. An ability to be appropriate	_____
28. An ability to be self-disciplined	_____
29. An ability to be tolerant	_____
30. An ability to concentrate	_____
31. An ability to love	_____
32. An ability to be happy	_____
33. An ability to be balanced	_____
34. An ability to be generous	_____

35. An ability to be compassionate _____
36. An ability to be dignified _____
37. An ability to be tender _____
38. An ability to be strong _____
39. An ability to be impeccable _____
40. An ability to be popular _____
41. An ability to be enthusiastic _____
42. An ability to express through the written word (writing) _____
43. An ability to express through movement (dance) _____
44. An ability to express through the visual arts _____
45. An ability to express through music _____
46. An ability to analyze _____
47. An ability to be persuasive _____
48. An ability to synthesize ideas _____
49. An ability for logical or abstract thought _____
50. An ability for imagination and vision _____
51. An ability for athletics _____
52. An ability for tactics _____
53. An ability to strategize _____
54. An ability to interpret or translate languages _____
55. An ability to make things grow (plants) _____
56. An ability to negotiate _____
57. An ability to protect or defend _____
58. An ability to invent things _____
59. An ability to evaluate or judge _____
60. An ability to explore or discover _____
61. An ability to experiment _____
62. An ability to nurture _____
63. An ability to invest _____
64. An ability to cooperate _____
65. An ability to inspect _____
66. An ability to investigate _____
67. An ability to plan _____
68. An ability to discern _____
69. An ability to perceive opportunities _____
70. An ability to clarify _____
71. An ability to harmonize _____
72. An ability to establish rapport _____
73. An ability to be decisive _____
74. An ability to initiate or begin _____
75. An ability to complete or conclude _____

Your Top Five Talents

After receiving feedback from others and doing your own careful analysis, write your top five natural strengths or talents below.

My Top Five Talents

1. _____
2. _____
3. _____
4. _____
5. _____

Now restate your work-purpose statement below:

Integrating Your Talents and Purpose: How will you employ your talents in the furtherance of your life's work? Review your work-purpose statement and think of how you can put each of your top five talents to work in the pursuit of your life's work.

Talent #1: _____

I can use my ability to: _____

to further my work purpose by: _____

On another sheet of paper, do the same for each of the rest of your top five talents.

Your Personal Strengths

When it comes to your career, you are more than a sum of your education, skills, and work experience. You have already considered your visions, values, purpose, talents, and goals. Beyond this, what are the personal qualities that make you a unique individual?

What do you consider your strongest character traits?

Below is a list of traits or personal qualities. Selecting from these (or others you may want to add), choose the five traits (no more) that **best** describe you.

<i>Adventurous</i>	<i>Courageous</i>	<i>Happy</i>	<i>Kind</i>	<i>Responsible</i>
<i>Amiable</i>	<i>Creative</i>	<i>Hard-charging</i>	<i>Levelheaded</i>	<i>Self-motivated</i>
<i>Artistic</i>	<i>Curious</i>	<i>Hardworking</i>	<i>Loving</i>	<i>Self-assured</i>
<i>Assertive</i>	<i>Dedicated</i>	<i>Honest</i>	<i>Loyal</i>	<i>Spiritual</i>
<i>Athletic</i>	<i>Dramatic</i>	<i>Humorous</i>	<i>Persuasive</i>	<i>Tactful</i>
<i>Aware</i>	<i>Empathetic</i>	<i>Imaginative</i>	<i>Philosophical</i>	<i>Thoughtful</i>
<i>Calm</i>	<i>Energetic</i>	<i>Independent</i>	<i>Playful</i>	<i>Tolerant</i>
<i>Commanding</i>	<i>Entertaining</i>	<i>Intellectual</i>	<i>Positive</i>	<i>Trustworthy</i>
<i>Committed</i>	<i>Enthusiastic</i>	<i>Intelligent</i>	<i>Practical</i>	<i>Wise</i>
<i>Compassionate</i>	<i>Excitable</i>	<i>Intuitive</i>	<i>Rational</i>	
<i>Confident</i>	<i>Gentle</i>	<i>Joyous</i>	<i>Reliable</i>	

My five strongest character traits or personal qualities

1. _____
2. _____
3. _____
4. _____
5. _____

More than anything, what sets you apart as a unique individual?
