

## A SIMPLE GUIDE TO FINDING TALENTS

### WHAT ARE TALENTS AND STRENGTHS?

Talents can be so many things, because everyone **belongs** and everyone **shines** in their own way. For example, talents can be:

- A special skill or something you're good at
- Special interests or deep knowledge
- Quiet strengths or steady reliability
- Creative routines, patterns, or ways of thinking
- Social strengths, like empathy or humor
- Talents in progress—you're working on it and getting better

**If it brings you energy, calm, focus, or meaning, it's worth paying attention to.**

### MAYBE YOU KNOW YOUR TALENT...

If you're **good** at something or you really **enjoy** something, that's a talent to share! Here are some idea starters:

- **Singing**
- **Dancing**
- **Telling jokes**
- **Cooking**
- **Telling stories**
- **Arts or crafts**
- **Martial arts or yoga poses**
- **Puzzles**
- **Sports**
- **Playing an instrument**
- **Reading a poem or story**
- **Demonstrating a cool skill**  
(Rubik's cube, stacking, origami, Legos, keyboard shortcuts)

## FINDING HIDDEN TALENTS

**Not sure what your talent is? Ask these questions...**

### **What energizes you?**

- What do you light up when talking about?
- What activities hold your focus or calm you?
- When do you lose track of time?
- What do you come back to again and again?
- What kinds of tasks leave you feeling satisfied (not drained)?
- When do you feel most “yourself” at work or in daily life?

### **What are your natural skills?**

- What do people often ask you for help with?
- What do you explain easily or patiently?
- What tasks feel easier for you than they seem for others?
- What roles do you naturally take in groups?
- How do you tend to support others?

### **What do others say about you?**

- What feedback have you heard more than once?
- What thank-yous have surprised you?

### **How would you finish these sentences?**

- “I’m someone who...”
- “I seem to be good at...”
- “People count on me for...”

### **Your talents might look like:**

- Thoughtfulness
- Emotional awareness
- Curiosity
- Humor
- Careful planning
- Creative problem-solving
- Deep focus

### **Hidden talents are often:**

- Things you do without thinking
- Skills you assume are “normal” or “no big deal”
- Strengths that help others, even if they’re quiet or behind the scenes