

Discover Your Gifts

Step 3 – Develop Your Gift(s)

Everybody has multiple gifts. You are a special and unique human being, and you bring something to this place that no one else can bring. Your job, if you choose to accept it, is to discover those things that are uniquely your gifts. For some people, the gift is obvious. Children who choose early in life to play an instrument, dance, draw or develop some other gift or skill and cultivate that throughout their entire adult life are the exception to the norm. Many of us are not inherently born with the focus or the ability to pinpoint exactly what makes us special. Others do not accept their gifts – instead they fight to develop something that they think will bring them better results, either personally, professionally or financially. The truth is that when you discover your values, know yourself and develop the gifts that are congruent with your values, you find peace and energy in being happy while serving others. This constant inflow and outflow of energy – energy that you both give and receive from others - creates harmony and happiness in your life.

To help you develop your gifts let's answer the following questions.

1. Is what I doing right now making me happy?

(This could be your work, personal life or any task that you are doing)

2. If time and money were not an issue, what would I do with my days?

People are good at different things. Here are some things that can get you started thinking about what you are really good at or have an interest in:

Speaking	Sports	Dance	Health
Creativity	Strategizing	Mathematics	
Networking	Planning	Research	
Teaching	Leadership	Negotiating	
Music	Writing	Harmony	

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3. What am I really good at? _____

4. What am I not so good at? _____

5. What do I have interest in? _____

6. What would I like to learn? _____

7. What things am I doing now on a regular basis that I'm not very good at or that don't make me happy? _____

8. What needs to be done in order to change the things in my life that I am now doing that make me unhappy? _____

9. What steps can I take now to make those changes in my life?

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____

Utilizing Your Gifts

Exercise: Claim your gift and make a decision to utilize it with the following statement. Write it out in full on a piece of paper.

I _____ (name) promise to myself that I will develop and/or use my gift of _____ to help others _____ because it makes me happy to do this and it fulfills both my purpose and my mission in life.

You write here:

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