1. What subjects or topics touch your heart, stir your emotions, or ignite your passion when you speak about them?

2. What is really easy for you? This may be gifts or talents you have that you assume everyone else has as well. List all of your gifts & talents:

3. What skills have you developed from any job or work you've done (paid & unpaid, including caretaking)?

4. List topics that people come to you for help with:

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5. What major challenges have you overcome? What skills or gifts did you develop during these transformations?

6. List the education, training or informal education you've had in your life, and skills or knowledge this helped you develop:

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7. When you think of the clarity and insights that you've had during this exercise, what gifts do you feel called to share with others?

