

What Are My Talents?

Use the following worksheet to become more aware of the talents you possess and the ones you would like to develop to help you build a personal development plan and move your life in the direction you would like to go.

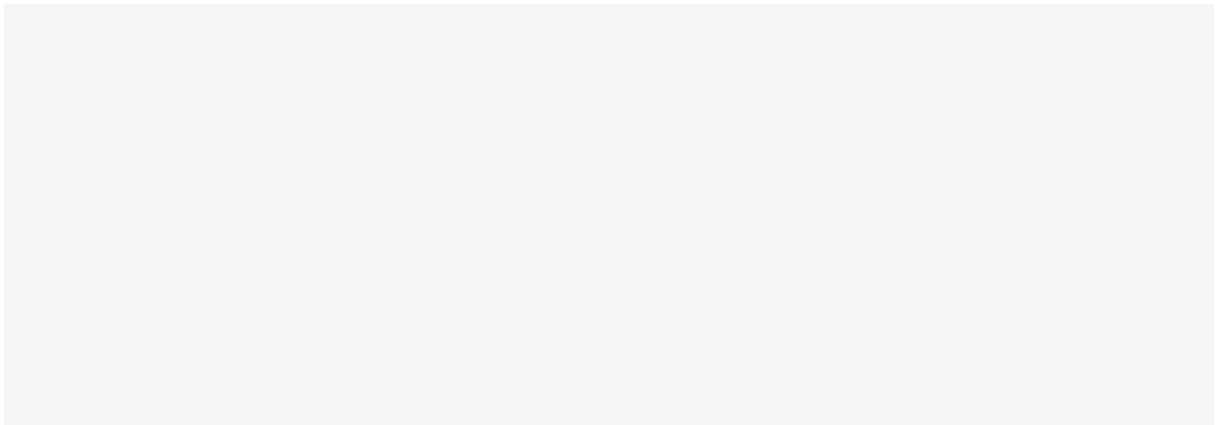
Answer the following questions to understand the talents you have and the ones you would like to build.

List three people you admire:

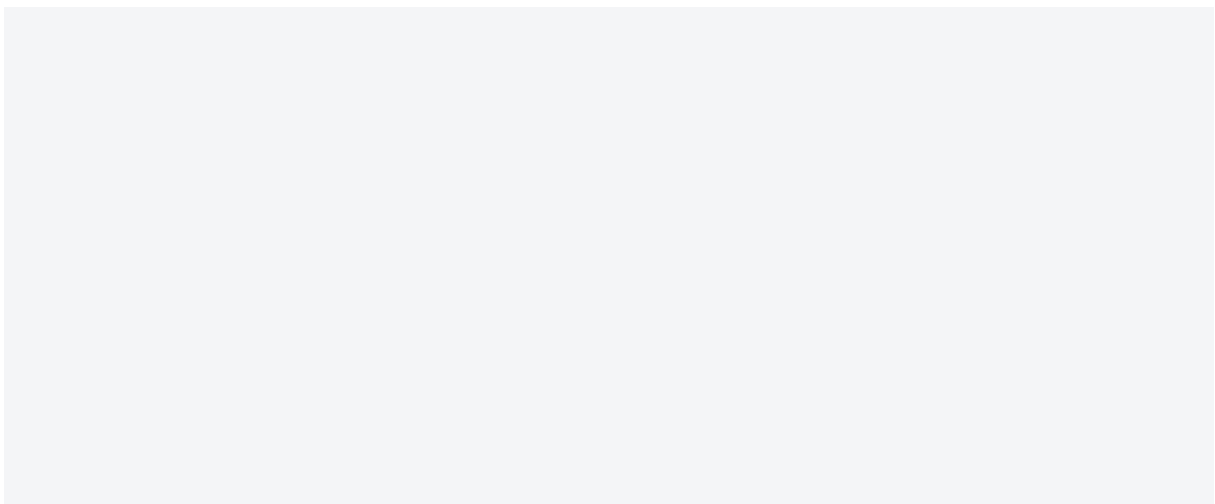
What talents and skills do those people have?

What are your greatest skills and talents?

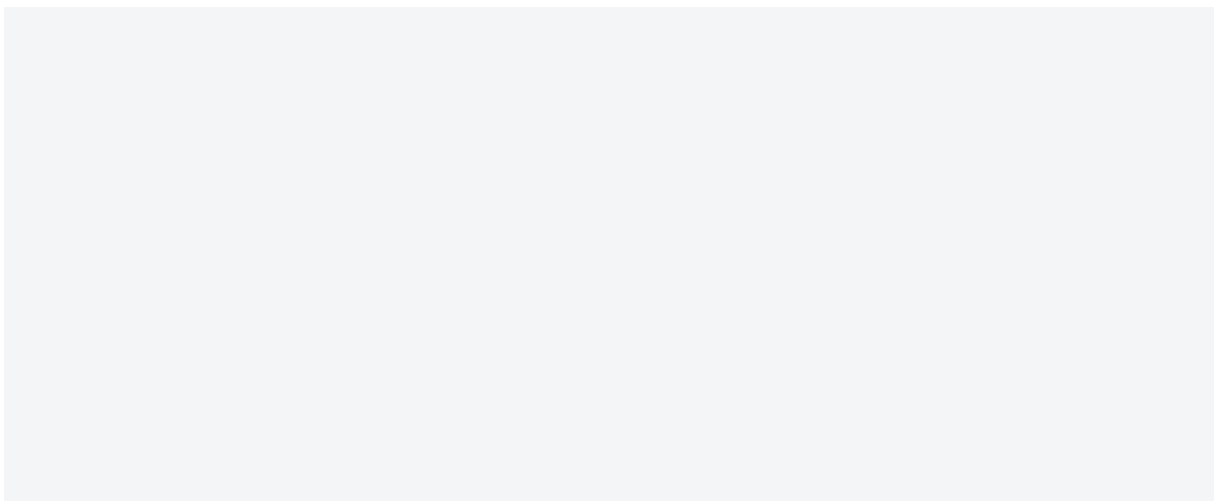
Which three give you the greatest pride and satisfaction?



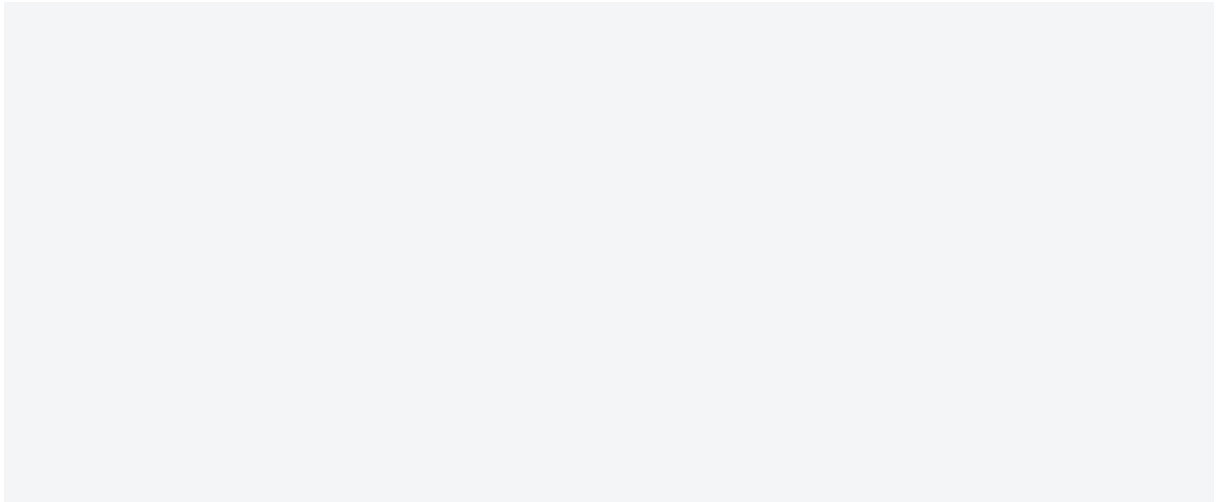
How could you develop these three further?



Which talents would you like to develop in yourself?



What could you do to develop these skills?



Dr. Jeremy Sutton