

How To Discover Your Talents

Talents can be defined as *your capacity for a near-perfect performance*. It's about doing what we are best suited to do. When you are using your talents, it just feels "natural."

All people have natural abilities and strengths that enable them to excel at something. Sometimes, our talents are "undiscovered," but are noticed, developed and enhanced through the people around us, who see and confirm our strengths. For example, has anyone ever pointed out something that you've particularly enjoyed doing and done extraordinarily well?

Here are 4 questions to help you ponder, reflect upon and pursue your talents. Try discussing them with your family or friends, or as an icebreaker over dinner or coffee.

1. **Yearnings.** Yearnings occur whenever you see yourself doing something well before you do it. You may have seen somebody else doing something and said to yourself, "I'd like to try that." Yearnings are strongest in childhood and can chart your life's work.

Questions: What have I always yearned for? What have I always wanted to try? What have I seen myself doing and not done anything about?

2. **Satisfactions.** What gives you great satisfaction? Many people feel unsatisfied, even after doing something well, but gifted and talented people feel more satisfied when they use their strengths.

Questions: What do get the biggest kicks out of doing? What has been really most satisfying for you? What have you done well that left you flat?

3. **Rapid Learning.** People learn more quickly in areas where they are gifted and talented. You may have an ability to do or to understand something that others find difficult.

Questions: What things in life have I caught onto right away? What areas have I just "plunged into" because I knew I would get it right away? What subjects and activities have come easily or felt natural to me?

4. **Exceptional Performance.** This involves doing something with brilliance. For example, great athletes often report that they see things in "slow motion" before making a super play.

Questions: What things have I done brilliantly? What things have I done where my work was noticed for being exceptional? What do people who know me best say that I do particularly well? In what kind of activities do I desire and achieve constant improvement rather than "just good enough?"

Have you noticed a pattern or consistent theme in your answers to these questions? It's worth taking notice of those kinds of activities as you discover and pursue your talents.

For more information and insights into your talents, take The CALL Vocational & Life Purpose Guide© available at www.followyourcalling.com.