

How to Find YOUR HIDDEN GIFTS

If you were to ask a group of people to name a person who has a personal "gift," chances are their responses would immediately turn to a famous philosopher, a well-known athlete, or a gifted singer. People tend to think of personal gifts in such extraordinary terms. They see a personal gift as an innate, exceptional talent - something that few people in this life are born with. But they are wrong. Quite the contrary, everyone has a gift. Some gifts are outwardly visible and noticeable, but others are hidden within a person, often waiting to be discovered.

Your gift lies in the place where your values, passions, and strengths meet.

Discovering that place and using your gifts to help others is the first step toward leading a purpose-driven life.

People often ask me, "How are you able to do everything that you do? You seem to have so many talents. I wish I had my own gifts that I could use to do good things for the world, but I don't have a particular gift." I always respond, "You absolutely do have your own unique gifts, too."

"If you say so," they answer, "but how do I go about finding what my gifts are?"

My answer is always this: "You have to find it within yourself... let me start by asking you a few questions that will help to reveal your gift."

Here are the eight questions that I ask:

1. What are the five things you enjoy doing in life?
2. What are the five things you do that are not satisfying to your mental and/or emotional well-being?
3. When I did _____, people complimented me on a job well-done.
4. When I did _____, I made people happy.
5. People often ask me, "Can you show me how to _____?" They are asking the question because they believe that you do it well.
6. If I were to teach a class that would benefit my students, I would teach a class on "How to _____."
7. Things I would like to learn are: _____.
8. When I did _____, I felt so much joy!



- Keep working on answering these questions.
- Keep track of your emotions as you perform daily activities.
- Expose yourself to meeting new people who are out of your close circle of friends.
- Step out and try new adventures.
- Write a daily or a weekly journal. Write about what you did and what you learned about yourself through your experiences.

Congratulations! You are now on the road to finding your unique gifts that may be lying dormant within you. Now, use them to create a better world and life filled with purpose, passion, and joy.

Don't ask what the world needs. Ask what makes you come alive, and go do it because what the world needs is people who have come alive.

~Howard Thurman