

What are your strengths & gifts?

Obvious ones? Hidden ones?

What have others shared with you/reflected to you your strengths & gifts are, no matter how much critical parts of you might minimize or undervalue what others have shared?

Write each one down: Who shared it, where & when

Notice what happens if you can take it in just 2%.

What might it be like to honor, harness or enhance any one of these strengths & gifts?

What might it inspire/allow you to do?

How might it shift anything in you?

How might it benefit you? How might it benefit others?

Bonus: What might be the hidden gift/strength beneath any self-perceived weakness or vulnerability?