

Module 4 Lesson 2



Discovering Your Talents

Hi again and welcome to Module 4 Lesson 2. This module is going to change you in so many ways. It will help you discover what came naturally to you as a child, but may have been forgotten or pushed aside by your loved ones helping you conform to a world. Unfortunately many of us are taught growing up to deny our talents to conform to a world that values sameness.

What You're Going To Learn:

- Why you may not feel talented and how denying your talents affect you
- The 4 talent areas
- A 4 step process for determining your innate talents

Don't worry about taking notes, these directions are in the worksheet. Plus there are downloads of the slides as well as the lesson script.

Why You May Not Feel Talented

There are a few reasons why you and many people don't feel talented.

1. **Some are taught that only a few are born talented and you either have it or not.** Was this you? Has someone in your past told you that you weren't talented or that someone was better skilled than you so you were not talented? Maybe no one pointed out your talents as you grew up. Were you one of those who didn't get noticed because someone else held the spotlight? Or maybe you compared yourself with a savant or child prodigy thinking that there was no way you were one of them.

2. **The consensus glorifies famous people, confusing talents with skills or strengths.** So if we see a musician, singer, author, sports star or entrepreneur, we think that they were the lucky ones to be born with talents. Most of these people have honed their skills and tapped into their talents as well. More importantly, they know their talents and are encouraged by others to keep expressing them.
3. **No one taught you how to figure out your talents and value you for having them.** The school system does little to no schooling on uncovering and using your unique talents. Many who express their talents openly had someone early in their life helping them see and value their talents. Maybe your talents didn't fit with what others planned for you, so little was done to encourage you to understanding and valuing yourself for your talents. Was that you? Or maybe those who loved you just didn't understand you.

How Denying Your Talents Affect you

1. **Denying our talents causes us the most unhappiness.** When you combine your talents with your strengths and powers, you are truly authentic and fulfilling your mission you came into this world to express. You add learned skills to the mix to be successful. When you cut out any of these gifts, you run the risk of trying to be someone you are not. More importantly, you aren't happy and don't understand why.
2. **You run the risk of diminished esteem.** Most people who get defined as talented in the consensus are really people who understand and embrace their talents and combine them with learned skills. There have been studies that show that skills practiced 10,000 times become an expertise. Many famous sports people, actors, musicians etc. are mostly demonstrating practiced skills that are combined with their unique talents. If you don't get the opportunity to discover your talents, you may try to imitate those who are defined as talented. Then if you don't measure up, your esteem suffers.
3. **If you go about your life not knowing your talents, you could wind up doing work that doesn't apply your talents.** You would experience your days struggling. You may even feel your work life is mundane and a drag. You may not find the full value of what makes you unique and may use the feeling of un-fulfillment to negatively judge yourself and your life. Here is the truth. Everyone is born with unique talents to express, but our society does not understand them enough to be able to help us know them and use them growing up. Sadly, many

just get a job instead of finding fulfilling and meaningful work. If you use your natural talents fulfillment is automatic.

The 4 Talent Areas

Talents show up by how each side of your brain processes information, how it receives ideas and amount of spatial thinking. Child prodigies are able to tap into their talents readily and combine them with some skills.

Amount of Right Brain Thinking

The consensus teaches that right brain thinking is about emotions and creativity. There is much more to it than that. All of you process information with your right brain. The right brain uses the intuitive part of you for sure. The talents in this area have much more to do with the degree you intuitively process different inputs of information you receive. Your talents in this area express in the ways of how much intuition you use in solving problems or manage change that comes to you in life.

Amount of Left Brain Thinking

The consensus teaches that left brain thinking is about analytical thinking and is unemotional. There seems to be judgments put either positively or negatively on left brain thinking. The left brain thinking has much more to do with how much logical and linear organizing of information and experiences you have. There is no positive or negative about it. These talents are the use of the linear and logical ways you organize information, memories and plans.

How Quickly Ideas Come Forward

The consensus teaches that quick idea generation is the cornerstone of creativity, judging you as if you are creative or not. Having lots of ideas come to you quickly is really about revealing talents about how you many details you focus on and the duration of focus that is comfortable for you.

Degree of Spatial Thinking

The consensus teaches that you either have spatial thinking or not. I happen to disagree with that notion. The idea of spatial thinking traditionally comes from using visual sensory experiences. I know people who experience spatially with other senses such as sounds or energy sensing for example. This talent area speaks more to your abilities of working with both objects and people.

Worksheet a 4 step process

The worksheet “Discovering Your talents” is a four step process to complete. It involves you taking a survey rating 28 different statements on a scale of 1 -5. You total your results and use the talent number with the talent list to uncover your talents. It won't take you long to complete.

And I'd like to walk you through these worksheet 4steps now.

Step 1: Discovering Your Talents

Take the Talent Survey

You will read each of the 28 statements. There are 7 statements in each of the 4 different talent areas. Put a value of 1 if the statement does not describe you at all. Give yourself a 5 talent number if the statement totally feels like you. A 3 would be sometimes yes and sometimes no, with 2 leaning more not like you and 4 leaning more like you.

Step 2: Discovering Your Talent

Total up each area; there are 4 of them

Add the talent number in each area and come up with 4 different talent numbers, 1 for each area.

Step 3: Discovering Your Talent

Uncover your talents

Take the talent number in each area and use the talent list to determine your 4 talents.

Step 4: Discovering Your Talent

Record your 4 talents

Use the worksheet for recording your 4 unique talents and do the meditation for Feeling Talented.

Important Points

Don't forget to also download the bonus tip sheet for muscle testing talent beliefs. Changing your beliefs about talents can help you make for and plan to use your talents in life.

And remember you can reach deep theta by using ear listening devices while doing the meditation.

Now

Download the worksheet now and complete it now

Watch the guided meditation Feeling Talented and don't forget your bonus Tip Sheet for muscle testing talent beliefs.

When you're done. Go to Module 5 for Putting it All Together