

Tip sheet for Testing Talents



Have a pen or pencil along with the list of talents in each talent area listed at the end.

Test a talent using a full body muscle test:

- Find a quiet place. Stand with your feet shoulder width apart and face North. Keep yourself balanced by standing straight with shoulders back.
- Check how your muscle test is working for you by asking a basic true or false question. For example, “I am a woman,” or “I am a man.” If it is a true statement for you, you will tend to fall forward. If it is a false statement for you, you will tend to fall backward. This check will give you confidence that you are responding properly.
- If you do not get the appropriate response, then try drinking a glass of water. Keep practicing until you get consistent results for a true and false statement. It is advisable to always check a true and false statement before checking your beliefs.
- Now ask your highest self this question, “Will you answer me these questions without the interference of my ego mind?” Muscle test for a yes answer. If yes, continue. If no, then relax and come back later until you receive a yes answer.
- Now ask your highest self this question, “Is this my ego mind?” Muscle test for a no answer. If no, continue. If yes, then relax and come back later until you receive a no answer.
- Now ask your highest self this question, “Will you answer me the truth instead of what I want to hear?” Muscle test for a yes answer. If yes, continue. If no, then relax and come back later until you receive a yes answer.
- Now state your talent in each of the 4 talent areas and see if you receive a yes or no answer
- If it is “yes”, mark it as a talent then move to the next talent area.
- If you receive a “no” answer, it may not be your talent, and then move to the next talent of the 3 talents in that area until you get a yes answer.

List of Talents

Area 1 – Amount of Right Brain Thinking Talents

Area 1 Talent 1

Easily works in an environment where there is much chaos, change and challenge. You navigate those waters because you have a compassion for people and their motivations. You find it enjoyable and natural solving problems. You naturally figure things out without understanding how. You solve problems intuitively. Many times, your solutions are new, unique and not already tried. You think more circularly, which encompasses more of the bigger picture.

Area 1 Talent 2

You work easily in a fast paced environment with some changes and challenges. You have a good understanding of others and how to communicate with them. You balance your problem solving with both intuition and logic and reasoning. Your solutions are usually sound and easily bought into by others.

Area 1 Talent 3

Easily works in a structured stable environment. You can create order through structures, policies and procedures. You solve problems with your experiences, giving tangible credibility to your solutions. You need time and experience to develop an expertise in new areas. You think more linearly so as to make plans that are more easily understood by others.

Area 2 - Amount of Left Brain Thinking Talents

Area 2 Talent 1

You have an aptitude for planning with logical sequential steps. You can sort out complex plans into easily discernible chunks of work. Words come to you easily in order to communicate clearly and concisely with others. You are comfortable working in any area that requires analytical type thinking. You take time to consider more possibilities before making a decision.

Area 2 Talent 2

You can predict future outcomes with ease. You have ability to schedule and make plans to reach desired goals. You balance communicating your ideas with logic and understanding. You can easily lay out your points of view to others as you take their concerns into consideration. You are able to make decisions at a pace that most people are comfortable with.

Area 2 Talent 3

You can manage, motivate and direct people with ease. You usually act quickly and decisively when you sense taking right action is required. You enjoy and require tools to help you plan, prioritize, and take decisive actions (i.e. scheduling programs, risk analysis and decision trees).

Area 3 – How Quickly Ideas Come Forward Talents

Area 3 Talent 1

You have lots of creative ideas and are great at brainstorming. You are talented in the area of influencing others because of your ability to instantly access what people are feeling and needing. Can work well in public relations and if you score 23 - 35 in left brain talents, you can be a great speech writer. You intuitively understand others much more than most people.

Area 3 Talent 2

You are good at dreaming lots of creative solutions and can easily come up with ways to overcome those who object to your ideas. You have a nice balance of understanding people and having sound solutions to problems that most can buy into.

Area 3 Talent 3

You have an ability to focus on projects without getting distracted. You can pay attention to minute details and have a capacity to see projects through to completion with exquisite details. You take your time selling your ideas to others making sure all of their needs are met.

Area 4 – Degree of Spatial Thinking Talents

Area 4 Talent 1

You have an ability to build and create things. You enjoy working with tools. Usually this results in desires to be an engineer, an architect, a physician or a scientist. This talent can also reveal itself in being a clothes designer, an artist, a composer of music, or a dance choreographer.

Area 4 Talent 2

You have a nice balance of relating to both things and people. You do well building relationships while creating things. You have an ability to take abstract thoughts and create practical ways to implement them. You can do well in project management for technical projects, construction and computer programming or technical training. You can combine artistry knowledge with emotional knowledge to managing people as well as projects with a balanced perspective. You naturally lead both technical and artistic teams.

Area 4 Talent 3

You are good at influencing people and establishing good relationships because of your emphasis on people's feelings and needs. You are able to think abstractly and consider ideas and implementing them in terms of emotions, the colors they evoke and the shape they take. Your talented actions involve the color and shape of ideas and concepts such as philosophy, social systems and personal development. You do well in work that involves people, relationships, training, designing and developing contracts and negotiations.