

Discovering Your Talents Worksheet



Step 1: Take the talent survey by answering each of these statements and rate them on a scale from 1 to 5, with 1 not being you and 5 totally being you. Use a talent number 3 if it is sometimes yes and sometimes no. Give yourself a 2 if it is more not like you and a 4 if it is more like you. There are 7 questions in each area.

Step 2: Now total the value for the set of statements in each of the 4 areas. This is your talent number for each area. So you will get 4 different talent numbers, one for each area.

Amount of Right Brain Thinking Statements:

I love solving problems and I come up with solutions quickly and with little information. ____

I think quickly and feel uneasy waiting for others to “get it”. ____

I can finish people’s sentences or can tell what they are going to say before they say it. ____

I hate menial routine work. ____

I seem to pull my information from lots of different sources seemingly simultaneously, not necessarily logically well thought out linear thinking. ____

The solutions I come up with are unique and different. ____

Sometimes I create problems, just so I can solve them. ____

Total ____

Amount of Left Brain Thinking Statements:

I organize information easily and can find the words to explain it in an easily understandable way. ____

I enjoy making future plans in my head. ____

I like it when things happen in a logical way and can easily see how to get where I need to in a logical well planned manner. ____

I enjoy taking my time solving problems with a step by step approach rather than jumping to a solution. ____

I can have a messy workspace, yet know exactly where anything is. ____

I enjoy doing one thing at a time and can organize lots of details and do not like multi tasking. ____

I prefer getting instructions in writing rather than verbally. ____

Total ____

How Quickly Ideas Come Forward Statements:

I am good in brainstorming sessions. ____

When coming up with solutions, lots of ideas come running through my head quickly. ____

I have so many ideas coming into my head; I have a hard time listening to others ideas. I may even interrupt them to get some of my ideas out. ____

I have so many thoughts, that I don't enjoy tasks that require a lot of concentration. ____

When others object or come up with obstacles of solutions, I am quick to be able to offer ways around them. ____

I intuitively know what others want and desire and know how to sell my ideas to them without much thinking. I can fly by the seat of my pants so to speak. ____

Sometimes I get distracted in doing tasks because I am having so many ideas. ____

Total ____

Degree of Spatial Thinking Statements:

I love working with "things" such as various kinds of tools, computers and devices. ____

I enjoy learning with hands on approach rather than just reading manuals. ____

I enjoy thinking about how things work and the structures of things. I seem to have an intuitive ability to understand. ____

I can imagine objects in 3 D with my mind, rotate it and see the rotated perspective in my imagination as well. ____

When I finish a project, I like to see it in finished form, so I can see, touch it and feel it. ____

I enjoy drawing or making things with my hands. If musically inclined, I enjoy playing with the instruments. When I dance, I enjoy feeling my body moving in space. ____

I like figuring out how things are put together, or how music is constructed or how dances are choreographed. ____

Total ____

Step 3: Now use the talent number for each of your areas and find your 4 talents as your innate talents you were born with. Mark them here. The following values are what is used to determine which talent you have in each area.

Talent number 23 - 35

Talent number 15 - 22

Talent number 7 – 14

Amount of Right Brain Thinking Talents

If your talent number is 23 - 35:

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.

If your talent number is 15 - 22:

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.

If your talent number is 7 – 14:

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.

Amount of Left Brain Thinking Talents

If your talent number is 23 - 35:

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.

If your talent number is 15 - 22:

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.

If your talent number is 7 – 14:

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).

How Quickly Ideas Come Forward Talents

If your talent number is 23 - 35:

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.

If your talent number is 15 - 22:

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.

If your talent number is 7 – 14:

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.

Spatial Thinking Talents

If your talent number is 23 - 35:

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.

If your talent number is 15 - 22:

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.

If your talent number is 7 – 14:

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.

If the talent you got does not seem right to you, you can muscle test using the tip sheet for muscle testing talents.

Step 4: Record all your talents from above. Writing them down can help you recall them during the meditation.