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MODULE FOUR *Lesson Two*
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DISCOVERING YOUR TALENTS

Discover Your Strengths, Powers and Talents



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

WHY YOU MAY NOT FEEL TALENTED:

- ▶ Some are taught that only a few are born talented and you either have it or not.
- ▶ The consensus glorifies famous people, confusing talents with skills or strengths.
- ▶ No one taught you how to figure out your talents and value you for having them.

HOW DENYING YOUR TALENTS AFFECT YOU:

- ▶ Denying our talents causes us the most unhappiness.
- ▶ You run the risk of diminished esteem.
- ▶ If you go about your life not knowing your talents, you could wind up doing work that doesn't apply your talents.

THE 4 TALENT AREAS:

- ▶ Amount of right brain thinking
- ▶ Amount of left brain thinking
- ▶ How quickly ideas come forward
- ▶ Degree of spatial thinking

Discover Your Strengths, Powers and Talents



LESSON TWO *Discover Your Talents*



STEP 1 DISCOVERING YOUR TALENTS

TAKE THE TALENT SURVEY

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STEP 2 DISCOVERING YOUR TALENTS

TOTAL UP EACH AREA; THERE ARE 4 OF THEM

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STEP 3 DISCOVERING YOUR TALENTS

UNCOVER YOUR TALENTS

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STEP 4 DISCOVERING YOUR TALENTS

RECORD YOUR 4 TALENTS

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IMPORTANT POINTS:

- ▶ Don't forget to also download the bonus tip sheet - muscle test your talent beliefs

and

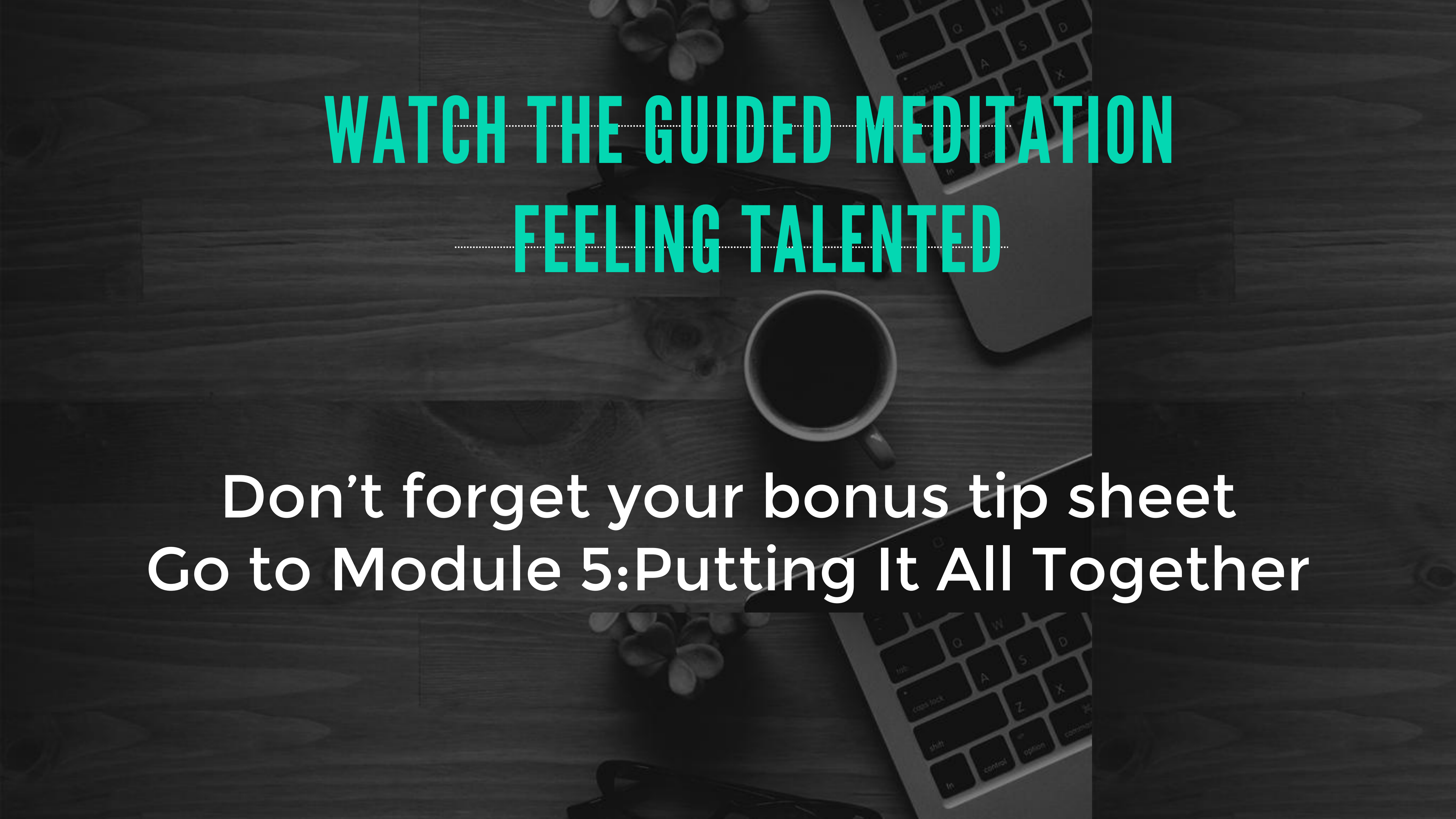
- ▶ Reach deep theta by using ear listening devices.



NOW

DOWNLOAD YOUR WORKSHEET AND COMPLETE IT

Discover Your Strengths, Powers and Talents



WATCH THE GUIDED MEDITATION FEELING TALENTED

Don't forget your bonus tip sheet
Go to Module 5: Putting It All Together