LIVING WITH POSSIBILITY

COMPLIMENTARY WORKSHEET

EPISODE 1 FINDING PURPOSE

1.2 How to Recognise Your Gifts

LIST OF 58 GIFTS

Are you aware of your gifts? When you are able to recognise your strengths, you can keep them front of mind on days when you need to put some balance back into your perspective. When you face a difficult situation, and can remember the gifts you share with others in your life, you are also able to gift them to yourself. Can you recognise any of your strengths in the list below?

TASK 1: Ask yourself - ‘I have the gift of...’

The gift of Encouragement The gift of Creativity

The gift of Knowledge The gift of Endurance

The gift of Healing The gift of Focus

The gift of Music The gift of Friendship

The gift of Hospitality The gift of Playfulness

The gift of Art The gift of Parenting

The gift of Humour The gift of Mediation

The gift of Wisdom The gift of Service

The gift of Listening The gift of Confidence

The gift of Organisation The gift of Cheerfulness

The gift of Speaking The gift of Languages

The gift of Nurture The gift of Cooperation

The gift of Conversation The gift of Teaching

The gift of Practicality The gift of Storytelling

The gift of Hope The gift of Positivity

The gift of Leadership The gift of Perseverance

The gift of Honesty The gift of Advocacy

The gift of Reliability The gift of Writing

The gift of Dreaming The gift of Fairness

The gift of Intuition The gift of Beauty

The gift of Spontaneity The gift of Singing

The gift of Gentleness The gift of Empathy

The gift of Health The gift of Dance

The gift of Giving The gift of Sensuality

The gift of Sports The gift of Finance

The gift of Curiosity The gift of Motivation

The gift of Generosity The gift of Flexibility

The gift of Partnership The gift of Love

The gift of Adventure The gift of Innovation

TASK 2: As you identify some of your gifts, list your top 5 and set a goal using 3 of these gifts; for work, a relationship or other important goal you’d like to achieve in the next 6 months.

Gift 1:

MY GOAL:

GIFT 2:

MY GOAL:

GIFT 3:

MY GOAL:

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