

# 5 Questions

THAT REVEAL YOUR UNIQUE TALENTS

*PLUS: How your perceived weakness can clue you in!*

# Why should I care about my talents?

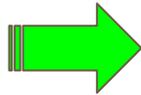
We are each born with a unique combination of talents that when understood, applied and leveraged, can set us on a path of purpose, productivity, engagement in work and in life, and ultimately, **HAPPINESS!**

We can begin to illuminate our **unique talents** by asking ourselves a few questions. This is your task to complete. You also can **validate** your findings by using the survey at the end of this tool to gather the same information from your friends, family and work colleagues. They may also be able to shine a light on some **uncovered talents** that are harder for you to reveal.

By building knowledge, skill, and repetition around your talents, you can make them **STRONG** and take responsibility every day for how you lead your work and your life!

# Start by asking...

- ★ To what environments and activities am I naturally attracted?



**YEARNINGS:** Internal forces --like a magnetic attraction-- that lead us to a particular environment or activity time and time again.

*Write your yearnings clues here:*

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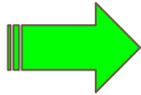
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# Then ask...

- ★ What activities do I seem to pick up quickly?



**RAPID LEARNING:** Challenges or environments that light you up! You immediately anticipate necessary steps, acquire new skills, or gain new knowledge that lead you to quick success.

*Write your rapid learning clues here:*

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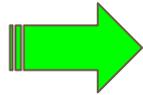
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# Then ask...

- ★ What activities cause time to fly for me?



**TIMELESSNESS:** You become so engrossed in an activity that you lose all track of time. You're engaged at a deep, natural level--a level of great talent and results!

*Write your timeless activities clues here:*

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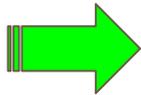
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# Then ask...

- ★ What activities bring me the greatest satisfaction?



**SATISFACTION:** A sense of true fulfillment when engaging in activities. You take on challenges that bring you energy and seem to engage your best talents!

*Write activities that satisfy you most here:*

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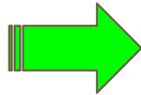
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# Finally, ask...

- ★ In what activities have I or others glimpsed my potential for excellence?



## GLIMPSES OF EXCELLENCE:

Flashes of outstanding performance observed by you and others, where the task(s) at hand produce near perfect results time and again.

*Write your moments of excellence here:*

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# Name Your Talents!

Once you **NAME** them, you can **CLAIM** them and **AIM** them, thereby leading you on a path to fulfillment, success & happiness!

Now that you've identified some clues to those activities, challenges and/or environments that have you operating at your best, take a shot at **NAMING** your **Top 5 Talents!**

1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
- \_\_\_\_\_

# Did you know that some of our greatest talents are hidden behind negative labels (perceived weaknesses)?

These “Barrier Labels” pop up when individuals with differing talents feel uncomfortable around each other. For example, someone who is harmonious may not feel especially comfortable with a person who is very competitive. The competitive person may label the harmonious person as “too nice”, not understanding the true power behind having harmony as a talent! So, by paying attention to these labels that others may use to describe us, we may come across some really awesome and unique talents that we don’t normally recognize for their positive aspects. **What might your Barrier “negative” Labels be? What would be their positive aspect? Write them here.** (*i.e., Barrier Label of “Doesn’t think before he/she acts” could be positively labeled as “Quickly Launches Projects.”*)

1. \_\_\_\_\_ vs. \_\_\_\_\_
2. \_\_\_\_\_ vs. \_\_\_\_\_
3. \_\_\_\_\_ vs. \_\_\_\_\_
4. \_\_\_\_\_ vs. \_\_\_\_\_
5. \_\_\_\_\_ vs. \_\_\_\_\_

# 1 in 33 million!

Did you know that according to the GALLUP organization, only 1 in 33 million people have the same top 5 talents (in the same order)!

**YES!! That's how unique you are!**

# Validate your findings! GET FEEDBACK.

*\*Use the next two pages to invite others to help you ID and validate your talents.*



# Help Me Identify My Talents!

From: \_\_\_\_\_.

Can you think of a situation in which you experienced me being at my very best? This could have been a challenge given to me, or an event where you saw a glimpse of my excellence.

Please describe the scenario to me and what you saw me do or accomplish (specifically), and/or what you felt about my actions and behaviors (specifically) and their outcome.

**THANK YOU! Please write your brief story on the next page and forward to me. ●**

## How Would You Describe Me?

In the space below, without thinking too hard or long, please describe what you feel my top 5 strengths are:

- ★ I AM: \_\_\_\_\_.

**Thanks! Please forward this page to me.**



# Take Action!

*Now that you've uncovered YOU at YOUR BEST, set some small goals to leverage them daily for engaged living and leading!*

★ I will use my talent of \_\_\_\_\_  
*BY* \_\_\_\_\_  
\_\_\_\_\_.

★ I will use my talent of \_\_\_\_\_  
*BY* \_\_\_\_\_  
\_\_\_\_\_.

★ I will use my talent of \_\_\_\_\_  
*BY* \_\_\_\_\_  
\_\_\_\_\_.

★ I will use my talent of \_\_\_\_\_  
*TO* \_\_\_\_\_  
\_\_\_\_\_.

★ I will use my talent of \_\_\_\_\_  
*TO* \_\_\_\_\_  
\_\_\_\_\_.

★ I will use my talent of \_\_\_\_\_  
*TO* \_\_\_\_\_  
\_\_\_\_\_.

**TIP:** *Having an accountability partner really helps to stay on point and see/feel a difference. Ask a friend or colleague to team up with you.*

**MY ACCOUNTABILITY PARTNER IS:** \_\_\_\_\_.

I'm so thrilled you downloaded this easy tool to help you begin to understand your unique combination of talents, that when leveraged, can elevate you to the very best, and happiest, version of YOU!

Our own self awareness as well as important feedback from others close to us help us to illuminate those amazing qualities about ourselves that we often don't see. These qualities are what allow us to live and lead authentically every day.

As a Gallup Certified Strengths Coach, I'm happy to help you learn more about your talent themes, which over time become your top strengths, as identified by the valuable Strengths Finder 2.0 assessment.

Please reach out at any time to learn more. You can view my program offerings and contact me via my website at: <http://www.MoniqueCatoggio.com>.

**ILLUMINED LIFE LEADERSHIP**



Monique Catoggio