



Gift Discovery Worksheet

1. What classes or training have you had that taught you *anything* that might be considered a skill?
2. When someone gives you a compliment, what are the two or three things for which they most often praise you?
3. What jobs/careers have you had in the past?
4. What is your current position?
5. What volunteer activities (in any setting) have you enjoyed the most?

6. What are your hobbies?

7. When you read books or articles, what topics are the most interesting to you?

8. What are some things you do well, but don't necessarily consider a talent?

9. If you could learn to do something new, what would it be?

10. What is something you love doing, but believe you don't really do it well?

11. If someone asks you for help or advice, in what areas do they usually need you?