

## A Genius Little Exercise to Explore Your Gifts

## Hello Genius!

We're going to start exploring the treasure chest of your heart to see what's in there... you may discover beautiful things that you never imagined about yourself, or ones that you've forgotten. We'll do this so that you can live your life more fully.

"The purpose of life is to discover your gift. The work of life is to develop it. The meaning of life is to give your gift away." - David Viscott, "Finding Your Strength in Difficult Times: A Book of Meditations"

Who are you?

## What are you good at doing?

What do you really love dedicating your time to?



What is your personal gift that you give to others?

If you don't think you have one, what could it be?

If you know that you have one, are you expressing it?

If you're holding it back, why do you choose to do so?



How could you start developing it? Do not filter your thoughts. Simply flow with the idea of what your life can look and feel like once you start doing it.

I hope those questions helped shed some light and inspiration to help you develop your personal and unique gifts.

What did you discover about yourself? I'd love to know! Email me.