



Discover your Soul's Purpose

In this soul-inquiry you'll reflect on your own talents and skills, digging deeper on what truly comes natural to you. You may want to solicit the help of people around you because they may be able to point out things that you may have not realized before. Ask family members, friends, and coworkers (people that are truly supportive and know you well) and prompt them to tell you at least three things that they consider to be your talents or skills, whether big or small. Let them know that even if it is something that they think you already know, that you would appreciate the confirmation via feedback. This is important because they may be reluctant to say things that may seem obvious to them, but they may not be obvious to you.

1. Your key talents/abilities that come naturally to you are: (What do you excel at or do effortlessly?)

2. You shine when:

3. You keep being drawn to:



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4. Others tell you you're good at:
5. What skills do you have that are unique?
6. What skills have you acquired that you have found were more useful than you had anticipated?
7. What talents do you have that come easy to you which others might find difficult?