



Playbook

TALENT

How to best use this playbook

- Print this Playbook and play with it.
- Do the exercises and explore the questions posted in each playbook. You will notice that when you start looking anew and when you explore the unexplored world you will experience a shift that will impact the outcomes you achieve.
- Think about it, but don't overthink it. Just write down your answers intuitively.
- If you missed the Reclaim Your Best Life session that the topic relates to, make sure you watch the recording and any other related videos before you embark on your play.
- Don't go it alone. If you get stuck at any time, ask for support in the Reclaim Your Best Life program Facebook group.
- Come and share your insights, experiences and outcomes with other women in your program in the Reclaim Your Best Life program Facebook group using the hashtag #character. If you want to have a real breakthrough in your play, do a Facebook live to the community!

Enjoy the play!



Rediscover your Talent

"Everyone has talent. What is rare is the courage to follow the talent to the dark place where it leads."

Erica Jong

ABOUT TALENT

While your Passions energize you and others, and your Purpose gives you a sense of meaning and mission, your Talents guide you to make the best use of your time and effort.

Talent is what comes naturally to you and is easy to do without having to think about it. You often do it automatically, quickly and without effort.

It may be that it comes so easily to you that you don't even notice it or you think of it as nothing special. Your Talent is not for you, it is your gift to others. Like a precious diamond in its natural state, we often see our talent as rough or ordinary, whilst others recognize its inherent brilliance and know where our talent is invaluable. Paradoxically, what may seem like nothing to you, may be everything to someone else in the right context. Actually, a "talent" was originally a unit of money, something valuable that could be exchanged and traded. Equally today, everyone has some talent that can be used as a currency of exchange and contribution.



Questions to start with

1. What am I naturally good at?

2. What is easy for me to do almost without thinking?

3. What do people ask me for my help or advice on?

4. What do I do well without too much study, practice, preparation or planning?



Re-discovering the talents of youth

1. When I was young, what was most natural for me to do that I might have forgotten about?

2. What were the easiest subjects to learn, problems to solve, or project roles to take when I was during my school, university or extracurricular activities?

Look for what you did that came easily and naturally to you: Public speaking? Organizing events? Creating art of some kind? Do you collect valuables? Are you good at starting new projects? Are you always on time?

Nothing is too small or insignificant. Everything matters because it is yours.



My greatest talents

Your talents are your gifts, your chest, your well of wealth if you recognize and use them.

Out of all of your talents, which are your three greatest ones?

How are you currently using them in your life and at work?

My 3 greatest talents	How I am using them in my life now

Insights and notes



Reality check

Are you using your talents at work? Y/ N

Do you feel like the activities that you are currently engaged in use your talents adequately? Y / N

1. What talents are you applying frequently and effectively in your current work/professional role?

2. What talents do you experience that are ignored, not used or not appreciated in your current work/professional role?

Talents are like gifts; their purpose is to be given to others.



Stop signs

What are the reasons - that either you notice or others notice - that prevent you from using your talents and being acknowledged or paid for it?

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Where do these reasons, concerns or beliefs come from? Are they necessarily true?

What would your life look like if you were no longer stopped by these reasons or concerns?

If you believed it was possible and worthwhile, what would you do?

Well done for taking on that deep enquiry! Come and share in the Reclaim Your Best Life Facebook group what you discovered about yourself and your purpose using the hashtag #talent.