



## Reflection & Contemplation Talent Worksheet

*This worksheet is designed to help you discover more about your talents and how you use them. Like our muscles, if we don't exercise and exert them, we won't strengthen them. When we discover how we use our talents to help us reach success and satisfaction in our lives the more we can strive to gain consistency to have more of success and satisfaction in our lives moving forward.*

*Use this worksheet to help you understand how your talents helped and hindered you over the past year. As you contemplate how you would like to live and gain positive traction in the new year lean into your talents and learn how to strengthen them towards more success and satisfaction for your future.*

<b>Top 10 Talents</b>	<b>Reflecting over the past 12 months, how have you used each of your 10 talents to achieve success in your projects or work, relationships, &amp; personal satisfaction.</b>	<b>As you reflect over the past 12 months which of your talents caused you frustration or got in your way or in the way of others?</b>	<b>Contemplate on what you would like to accomplish in the upcoming year and how can each of your talents help you achieve your goal/goals?</b>
1.			
2.			
3.			
4.			



## Reflection & Contemplation Talent Worksheet

*This worksheet is designed to help you discover more about your talents and how you use them. Like our muscles, if we don't exercise and exert them, we won't strengthen them. When we discover how we use our talents to help us reach success and satisfaction in our lives the more we can strive to gain consistency to have more of success and satisfaction in our lives moving forward.*

*Use this worksheet to help you understand how your talents helped and hindered you over the past year. As you contemplate how you would like to live and gain positive traction in the new year lean into your talents and learn how to strengthen them towards more success and satisfaction for your future.*

5.			
6.			
7.			
8.			
9.			
10.			