

Discover Your Hidden Gifts

And Share Them with the World



Workbook with
Discovery Exercises

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Welcome!

Welcome!

Are you ready to discover what's hidden inside of you?

We each have our own unique gifts, but we don't always see them. Instead, we sell ourselves short, overlooking the special skills, talents, and capabilities we possess.

When you tap into your gifts, it brings a sense of:

PEACE as you align with your true nature.

CONFIDENCE as you play to your strengths.

EXCITEMENT as you share the best of yourself.

As you complete the five discovery exercises provided in this workbook, you'll gain insight into the unique gifts you have to share with the world.

Discovery Exercises

Exercise 1: What do you love to do?

What activity do you love and genuinely enjoy doing, so much so that you can happily lose yourself in it and not notice the time passing by?

If something fires you up and fuels your passion, there's a good chance it does so precisely because it taps into your natural talents and gifts.

In the space below, note the things you love to do.



Exercise 2: What do others notice in you?

Other people will often see things in you that you don't see in yourself. What have others noticed in you? Have you been complimented on your friendly, outgoing nature? Your loyalty? Your good sense? Your creativity? Your sense of humour?

Discovery Exercises

Feedback from others can bring awareness to gifts you may be overlooking or taking for granted, not realizing how special they are and how much they're appreciated by others.

In the space below, note what other notice in you.



Exercise 3: What comes naturally to you?

Is there something other people struggle with, but you enjoy it and do it well? What do you have a natural talent or knack for?

When you tap into your unique gifts, there's a sense of things flowing easily and naturally, even if hard work is required.

In the space below, note what comes naturally to you.



Exercise 4: What brings you fulfillment?

Think back to those times in the past when you felt a sense of fulfillment. What stands out from those times? What do they share in common? What did you find so rewarding or satisfying about those experiences?

As you recall those memories, look for clues about what it was that made those times so special.

In the space below, note what brings you fulfillment.



Exercise 5: What is uniquely yours?

No-one else has walked in your shoes. No-one else has seen exactly what you've seen, or dealt with the exact same experiences you've been through. You have a wealth of knowledge and insights that are yours alone, and a unique perspective that no-one else has.

Discovery Exercises

You may have the same talents and skills as someone else. You may share similarities with someone else. But you've travelled a road that's all your own, and lived a life that is uniquely yours.

In the space below, note what you are uniquely gifted with.



The world needs your special and unique gifts!

Susan Knight is a certified health and wellness coach, and a freelance writer. She creates resources to support and inspire people as they travel their path towards personal growth, increased self-awareness, and greater well-being.