

## You can choose your talents.

Focus on things you enjoy, qualities others have complimented or thanked you for or a situation in which you enjoyed success. Pay attention to the talents in others that stand out to you. What qualities have you appreciated in others that you'd like to develop for yourself? Take stock of the talents you have and the ones you want to develop — you can be talented at more than one skill or quality in life.

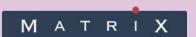
## Create time to learn and do new things.

Discovering a talent is sometimes an exercise in learning, growth and self-discovery. Your talent may exist in an unknown corner of yourself. Your talent may be in an activity you've never tried before. Make time to explore your interests.

## Your talent is what you make of it.

- · Take time for you
- Keep learning
- Prioritize growth
- Encourage others
- Get feedback
- Try something new
- · Incorporate fun
- Strive for improvement over perfection

Remember,
discovery takes
diligence. Invest
yourself in the
talents you want
to develop. It starts
with a step.



**Resources** for Living