

Your talent isn't what you think it is.

We often think of a talent as something we are inherently good at, or a unique act we can perform. But what if talent wasn't something you are born with, but something you developed of your own choosing?



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
- Prioritize growth
- Get feedback
- Keep learning
- Encourage others
- 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.

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