

Studio Sessions

YOUR GIFTS | WORKBOOK

This workbook is designed to help you discover your gifts. Start by answering the questions then ask others who know you to fill out the 360° feedback form. Once these are returned to you, checkmark, in the 360° box, if others mention the same gift you wrote down. Finally, list the gifts that have been checked off Multiple Mentions section.

What comes easily to you?

360°

As a little girl, what did you want to be when you grew up?

360°

What are some areas where you have won awards or contests?

360°

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It is time to acknowledge that you are fascinating, talented, intelligent, wonderful and so much more. Let's open your eyes and see that special gift!

What can you do where others have said to you?
"I wish I could do that."

360°

What are your natural gifts?

360°

What gifts have you developed through learning?
eg: books, work experience, etc.

360°

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360° Form | The Voice of Others

Please take a moment and share your thoughts about me on the questions below. When thinking of your answers, write down the first thought you have, to avoid over-thinking your response.

What comes easily to me?

As a little girl, what did I want to be when I grew up?

What are some areas where I have won awards or contests?

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360° Form | The Voice of Others

Please take a moment and share your thoughts about me on the questions below. When thinking of your answers, write down the first thought you have, to avoid over-thinking your response.

What are some things you wish you could do as well as I can?

Thinking about my natural gifts, what would you say they are?

Is there anything you would like to add to the above questions?

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List the gifts that have been checked off in the 360° box here.

Multiple Mentions

1. _____
2. _____
3. _____
4. _____
5. _____

She
Believed
she could so she did.