

giftedness
guides



global centre
for **giftedness**

giftedness

discover what you
were born to do

series workbook

episode one

an invitation

Everybody everywhere was born to do something. We call that something your giftedness.

The problem is, most people don't know their giftedness. We stumble around without direction asking, "What should I do with my life?"

There is an easy way to figure out what you were born to do. It begins with telling stories from your life and finding patterns across them. That pattern describes your giftedness in action.

In this workbook you'll find all the worksheets needed to discover your giftedness.

In order for this exercise to work, you will need to recruit a partner. Having a partner is essential because it can be hard to see your own giftedness alone. A partner will help you notice the things you may have overlooked and celebrate the giftedness you discover.



**now find a partner to work
with in the discovery process**

episode two

giftedness stories



The best way to discover your giftedness is to see it in action from your own life history. We're looking for stories about an activity you enjoyed doing, felt a sense of satisfaction from doing, or gained energy from doing.

We call stories like that your giftedness stories.

You're going to tell these stories to another person. So list activities that you'll feel comfortable talking about.

Try to come up with at least 12 - 15 stories and write them down on the **giftedness stories form**.

Two criteria for a giftedness story:

1.

It must be about an activity, something you did, something that required effort and action on your part; and

2.

It must be about something you enjoyed doing or took satisfaction from doing.

**create your own list of 10 - 12
giftedness stories**

episode three

tell your giftedness stories



Now it's time to tell one of your giftedness stories to your partner. To do that, go back in your mind's eye and relive the activity. Tell your partner what they would have seen you doing if they had been there. Describe in as much detail as possible what you did and how you did it.

There are five categories of detail you should pay special attention to. They fit into the acronym: **AWARE**.

Together these categories capture a well rounded picture of the story. Keep these in mind as you recount your giftedness story.



Action. What actions or abilities did you use in the story?



Work. What was involved? What were you working with?



Atmosphere. Where did the story take place? What were the conditions?



Role. What role did you play in the story?



Enjoy. What did you find satisfying?

tell one of your giftedness stories to your partner

episode four

record the key words

After you've told a giftedness story, it's time to record the details on a **giftedness story summary form**.

Action

The actions you used in the story.

Played, inspired, pioneered, planned...

Work

Things you were working with.

Team, opponents, mentors, game...

Atmosphere

Where it takes place. The conditions you were under.

Outdoors, sports-field, pressure, audience...

Role

The role you filled in the story.

Team leader

Enjoy

What you found satisfying.

Overcoming obstacles - proving I could win.



Fill out a form for the first story you shared, then go ahead and share at least five more giftedness stories to your partner. Fill out a giftedness story summary form for each story.

Remember to be as detailed as possible. These key words play an important role in finding your giftedness.

tell at least six giftedness stories and work with your partner to identify the key words you used in each story

story summary

Name

Story Title

Action

Work

Atmosphere

Role

Enjoy

story summary

Name

Story Title

Action

Work

Atmosphere

Role

Enjoy

story summary

Name

Story Title

Action

Work

Atmosphere

Role

Enjoy

story summary

Name

Story Title

Action

Work

Atmosphere

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Story Title

Action

Work

Atmosphere

Role

Enjoy

story summary

Name

Story Title

Action

Work

Atmosphere

Role

Enjoy

story summary

Name

Story Title

Action

Work

Atmosphere

Role

Enjoy

story summary

Name

Story Title

Action

Work

Atmosphere

Role

Enjoy

episode five

look for patterns

Now that you've identified the relevant details from your six giftedness stories, you can begin looking for patterns. This involves finding key words that repeat and recur across your stories and writing them down on a giftedness patterns form. It looks similar to the Giftedness Story Summary form, but it's designed for you to collect your observations from all of your stories onto a single page.

If you've provided enough detail in telling your stories, you should see certain elements repeating in at least three or four stories, if not more.



An efficient way to find patterns is to lay out all of your summary forms on a table so you can scan across them all together. Start in the action section and pick a word, then check the other pages for the same word or a synonym of the word. If it appears in a majority of the stories, write it down on your patterns form in the action section.

Do the same thing for the remaining sections.

with your partner, look across your giftedness story summary forms to find patterns and fill out your giftedness patterns form

Name

Action	
Work	
Atmosphere	
Role	
Enjoy	

Name

Action

Work

Atmosphere

Role

Enjoy

episode six

patterns that look incomplete



Take another look at your giftedness patterns form. Does it look full and complete?

This patterns form is an overview of your giftedness. It should feel like an accurate picture of you and what you were born to do.

If you need to find more key words, try looking across your summary forms once again. Look for synonyms: different words that mean the same thing. Sometimes a pattern is hiding in the different words we use.

Are some of your stories sparse in key words? Maybe some details were left out. Think through the stories again and see if you are missing anything.

Another option is to tell more stories. Earlier, you made a list of 10 - 12 giftedness stories. Go ahead and tell more to your partner, then add new story summary forms to the pile and look for patterns.

work with your partner to refine your giftedness patterns form and make sure it describes you accurately, based on your giftedness stories

episode seven

the sentence

You now have a pattern that describes your giftedness. You can clearly see the actions you consistently take, things you like to work with, the role you fit into, and what you enjoy doing.

Now - create a sentence that describes what you were born to do.

It should be inspiring to you.

It should be inspiring to others.

It should be memorable

It should tell how you add value



Here are some examples.

"I was born to figure out how stuff works so I can be the guy you call when no one else can fix the problem."

"I love to be the person in the hot seat for getting the job done and making sure people get it done."

"I'm an impactor, I want to collide with people and send them off in a whole new direction."

with your partner, craft a sentence that describes your giftedness in a simple, inspiring, and memorable way

Name



what to do with your giftedness

Congratulations, you've gained insight on what you were born to do!

What happens now?

It might be time to ask yourself if you're living out your purpose.

There's a lot to be unpacked about the application of giftedness in vocations, relationships, and spirituality. You can find out more by visiting our website giftedness.guide

Thank you for going on this journey of self discovery with us.

If you've been impacted by this discovery process, and want to help others find their giftedness - consider becoming a giftedness guide.



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