



High-Value Gifts Process 2: Embracing Your High-Value Gifts

Close your eyes, place your hand over your heart, and take a deep breath. Invite your mind and heart to come together. Let your mind slide right down into the center of your chest and connect with the wisdom of your heart and soul.

Let the following questions drop into the stillness of your heart, and watch where the ripples lead.

***** Don't censor yourself, or judge what comes through. *****

What do I do in my own fabulous way, that's natural to me, and that I love to do?

If money were not an issue, what would I naturally do, all day long?

What do people compliment me for? Why do people seek me out?

(Note: this may not be something you're charging people for.)

What do I 'geek out' about so much that I want to know everything about it?

You now have a list of your greatest gifts and talents!

Step 1: Now, rate each item on your list from 1 to 5, with 1 being your most unique gifts and talents. Then, circle the five highest-scoring items on your list. (If you have more than five things that you rated with a 1, circle them all.)

Step 2: Which archetype holds this gift? It may or may not be on the archetypes list.

Step 3: What is one inspired action I can take to use this gift?

Unique Gifts & Talents	Archetype	Inspired Action
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