

Talent Quiz

Rate each of the following talents on a one to ten scale; a ten representing an extraordinary level of talent, a five, an average level of talent, a one, an extremely small amount of talent.

- ___ An ability to organize
- ___ An ability to motivate
- ___ An ability to mediate
- ___ An ability to instruct or teach
- ___ An ability to manage
- ___ An ability to expedite
- ___ An ability to lead
- ___ An ability to inspire
- ___ An ability to counsel
- ___ An ability to coach
- ___ An ability to listen
- ___ An ability to make things work (mechanical ability)
- ___ An ability to build things
- ___ An ability to design things
- ___ An ability to put people at ease
- ___ An ability to make people laugh
- ___ An ability to arrange things beautifully
- ___ An ability to make beautiful things
- ___ An ability to see beauty in things or people
- ___ An ability to make others feel good about themselves
- ___ An ability to perform (entertain)
- ___ An ability to communicate through speech
- ___ An ability to tell stories that instruct or inspire
- ___ An ability to be playful
- ___ An ability to persist
- ___ An ability to perceive the essential
- ___ An ability to juggle many activities at once
- ___ An ability for efficiency
- ___ An ability to be self-disciplined
- ___ An ability to be non-judgmental
- ___ An ability to be focused
- ___ An ability to love
- ___ An ability to be generous
- ___ An ability to be compassionate
- ___ An ability to be strong
- ___ An ability to be enthusiastic
- ___ An ability to express through the written word
- ___ An ability to express through movement (dance)
- ___ An ability to express thought the visual arts

- ___ An ability to express through music
- ___ An ability to express through the spoken word
- ___ An ability to analyze
- ___ An ability to be persuasive
- ___ An ability to synthesize ideas
- ___ An ability for logical problem solving
- ___ An ability for abstract problem solving
- ___ An ability for imagination and vision
- ___ An ability for athletics
- ___ An ability for tactics
- ___ An ability to strategize
- ___ An ability to learn, interpret or translate languages
- ___ An ability to coordinate things or events
- ___ An ability to make things grow (plants)
- ___ An ability to negotiate
- ___ An ability to protect or defend
- ___ An ability to explore or discover
- ___ An ability to experiment
- ___ An ability to research
- ___ An ability to invent things
- ___ An ability to create things or ideas
- ___ An ability to evaluate
- ___ An ability to nurture or comfort
- ___ An ability to make others feel safe
- ___ An ability to invest
- ___ An ability to cooperate
- ___ An ability to visualize in 3 - dimensions
- ___ An ability to plan
- ___ An ability to discern
- ___ An ability to perceive opportunities
- ___ An ability to clarify
- ___ An ability to establish rapport
- ___ An ability to sell
- ___ An ability to be decisive
- ___ An ability to initiate or begin
- ___ An ability to complete or conclude
- ___ An ability to get the job done
- ___ An ability to think abstractly, theoretically
- ___ An ability to perceive links between unrelated pieces of information
- ___ An ability to generate many new ideas
- ___ An ability to project into the future easily and naturally
- ___ An ability to work quickly and accurately with details
- ___ An ability to remember numbers and details easily
- ___ An ability to remember visual images easily
- ___ An ability for fast and accurate hand movements
- ___ An ability to be intuitive

- ___ An ability to be adventuresome
- ___ An ability to take risks
- ___ An ability to learn new things quickly
- ___ An ability to bring people together
- ___ An ability to connect with people
- ___ An ability to facilitate
- ___ An ability to collaborate with others
- ___ An ability to budget and handle money wisely
- ___ An ability with numbers

Other talents not listed above:

An ability _____

An ability _____

An ability _____

On the right hand side, star those items that you most enjoy doing and have the greatest interest in. Use no stars for moderate interest, 2 stars for some interest and 3 stars for high interest.

Top Ten Enjoyable Talents

(rate based on highest scores for talent and interest combined)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

How to apply your talents to your purpose:

You like use your favorite talents more than you realize. Take some time to journal about how to apply some of them to your “Big Yes”ig