

# *I am talented*

## **I am talented.**

I excel at many things.

I am a high performer at work. I demonstrate leadership and contribute to my team. I build a strong and extensive network. I add to my knowledge and skills.

**I share my expertise by mentoring and coaching others.**

I communicate effectively. I listen attentively. I exchange constructive feedback. I resolve conflicts calmly and respectfully. I talk about my feelings and aspirations with my family and friends.

**I stay mentally and physically fit.** I keep my mind sharp. I exercise regularly to condition my heart and strengthen my muscles. I prepare delicious and nutritious meals for my family and myself.

I manage my finances. I create a household budget and monitor my spending. I save money for emergencies and my children's education.

I make my home more comfortable and functional. I perform simple repairs and

maintenance tasks. I decorate each room. Creating an attractive space helps me to feel happy and relaxed and enjoy time with my family and guests.

**I work on my hobbies.** I sing, dance, and play musical instruments. I draw and paint. I build model ships or collect toy trains. I pursue my passions and explore new interests.

I have fun. My talents help me to lighten up and take a break. I wiggle my ears and whistle show tunes.

**Today, I use my talents to help others and make my life more satisfying.** I recognize my natural gifts and practice skills that I want to develop.

## **Self-Reflection Questions:**

1. What is the relationship between talent and effort?
2. What is one talent I worked hard to develop?
3. How can I discover my natural talents?