

John Berardi's Unique Abilities

Chapter 2: Career

Here are my own unique ability statements, which I have posted visibly in my office.

Delivering and communicating information. Both formally (blog posts, books, products, speaking) and in personal communication.

Getting other communicators of ideas to a better, more thoughtful, or more resonant idea. Both in formal editing and in facilitating communication between people.

Finding assumptions. Seeing and calling out all the assumptions, clichés, and shortcuts in people's plans and thoughts, and asking, "What if we didn't do it that way?"

Intentionally putting mission-critical projects past the point of no return. In a moment of clear thinking, committing to a deadline or powerful external force that compels a team to deliver on a commitment or face massive loss/embarrassment if they don't.

Operating with honesty and integrity. Being the same person across roles. Being willing to tell the truth, even when it's difficult, and being willing to commit to the subsequent conversations that happen as a result.

Gaining people's trust and emphasizing "togetherness." Carefully managing voice and body language; never pretending or elevating. Sharing only an authentic message and orienting the message to the audience. Making people feel like we're "in it together," that it's not "me vs. them," that I'm going through this too.

Engaging in reflective thinking. Thinking about things before expounding on something aloud. Keeping silent until qualified or prepared to speak. Being willing to say, "I don't know."

Asserting authority. Confidently speaking up in areas I do know about. Relying on my self-assurance and confidence in my own capability.

Expressing appreciation. Noticing when people do good things and letting them know I feel that way.

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Devising and imposing structure on chaos. Putting plans together, short term and long term, to get what we need out of the chaos. Committing to figuring it out whenever something is in our way.

Asking thoughtful questions. Asking questions that I'm genuinely curious to know the answers to and that I feel are relevant/interesting to me and to the person I'm asking.

Mirroring, mimicking, and copying success. Before beginning new projects, finding an example or template that represents excellent, high-quality work and then modifying it, shaping it, adapting it to serve our needs.

Remember, these statements come from friends, family, and colleagues. They're not necessarily what I think about myself. Rather, they're what they think of me. This is essential because most people (myself included) struggle to identify their unique abilities.

These activities and worksheets are taken from the book **Change Maker**: Turn your passion for health and fitness into a powerful purpose and a wildly successful career by John Berardi, PhD.

Check it out at: www.changemakeracademy.com/book