

Uncovering Your Unique Abilities

Chapter 2: Career

Unique abilities are the things that:

- you are, or have the potential to be, world-class at;
- you really enjoy doing;
- you can make a big difference with, if you use them.

If you're ready to discover your unique abilities, here's what to do.

STEP 1

Contact five to ten colleagues, friends, and other people you're close to.

These should be people who really get you, who know what makes you shine, who count on you. Ideally, they should come from a cross-section of your life (not all friends or all family or all coworkers, for instance; you want a diversity of opinions, which will actually help reinforce common themes).

Ask them if they'd be willing to take a few minutes and create a list with a dozen or so things that come to mind when they think about you. If they're up for it, email them the following questions:

1. What are the talents or abilities or characteristics that describe me?
2. What makes me tick?
3. What do you count on me for?
4. How would you describe my way of doing things?
5. Is there anything that impresses you about who I am?

Make clear that these characteristics don't need to reflect your hobbies, interests, or even work history. Rather, these are the things they've relied on you for or have appreciated about you.

STEP 2

Come up with your own answers.

Independently, make your own list, ideally before you get responses back. Answer the same questions you emailed your trusted list, as well as some others.

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1. What are the talents or abilities or characteristics that describe me?

2. What makes me tick?

3. What do people count on me for?

4. What is “my way” of doing things?

5. What makes other people impressed with who I am?

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6. What are the things I'm most passionate about?

7. What's important to me?

8. What have been my greatest accomplishments so far?

9. What are my goals—personal, family, career, life?

10. Who do I admire? Why? What can I learn from them?

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STEP 3

Identify common themes.

Once everyone's responded, gather the replies. Identify common words, phrases, or themes. Make a list of ten or so that come up most often. Next to each item, write down why you think the person said it about you; specifically write the things you do that might make them say what they said.

STEP 4

Create your unique ability statements.

Take the ten most common themes from Step 3 and turn each into a unique ability statement.

If you'd like an example of what this could look like, check out the next form in this package. It's a one-pager of my own unique ability statements, which I keep posted in my office to remind me of what I should be spending time on.

Keep in mind that this isn't a five-minute compilation. Take your time with it—spend a few hours over several days to get the wording just right—because it's important. Think of it as an official document that clearly expresses your superpowers, just like how you'd cite your work experience in a resume. You'll review this list often to make sure you're staying in balance.

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