

9 Questions to Unlock Your Unique Ability

There are too many people in the world today doing crap they don't enjoy. I used to be one of those people.

It was only through introspection and reflecting on past experiences that I started to get clearer on my own strengths and unique abilities. By quietly contemplating a variety of questions in my life I began to see different sides of myself - and with this lens of reality I began to explore new opportunities.

When I started to explore entrepreneurship I didn't know very much about myself. I actually only had a vague idea of what I wanted to do. At one point I thought entrepreneurship would work for me. But that dream quickly faded when I realized I didn't have an entrepreneurial personality.

But be aware of the great trickster. Relying on your personality to find your true unique ability is a mistake. If there is one truth it's that your personality and human psyche are plastic. They will take any shape you give them based on your predominant thought patterns.

So the best thing you can do right now, is to start with what you've got. Even a ten-year-old boy has had some amazing personal experiences; experiences that have taught him something about what brings him joy and fulfillment in his life. That's where you've got to start.

Look at your life and really take the time to sit down and quietly answer these questions.

Here are 9 questions that have helped me become clearer on my own unique ability:

Q #1: When was the last time I felt that my life was most meaningful?

Q #2: When do I feel that I'm offering the best of myself to others?

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Q #3: *How do I express the best of myself to others?*

Q #4: *When do I find that I'm the happiest and what am I doing?*

Q #5: *What past three experiences have brought joy and happiness into my life?*

Q #6: *What comes naturally and effortlessly to me?*

Q #7: *What do others think comes naturally and effortlessly to me?*

Q #8: *What are some of my hobbies? What do I do for fun?*

Q #9: *What activities have brought fulfillment and passion into my life?*

Find a quiet space and take 15-20 minutes to really answer these questions and write them out.

Now take the answers you received from this exercise and look for patterns: **patterns unique to you**. Look at your answers and then ask yourself:

What qualities, character traits and values seem to be repeated over and over again?

This is a clue. Take your pen or pencil and circle the key words or

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phrases that seem to be repeated over and over again in the answers above. These are the patterns that will provide you with the greatest insight as to what is unique and special about you.

Congratulate yourself on getting this far! You've effectively taken the first step to uncovering your unique ability.

What now?

Like I said, you've got to start where you are. An object in motion tends to stay in motion, but you've got to get moving first.

Once you answer these questions and trigger those past memories, ask yourself how you can you bring more of those experiences into your life.

Begin at once to create a list of activities you will explore this week so that you're living and acting with your unique ability.

Acting With My Unique Ability

This week I will begin living and acting with my own unique ability in these 5 different ways:

1. _____

2. _____

3. _____

4. _____

5. _____

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