

Heal.thy Low Back Own Your Unique Gifts & Talents

What did you love to do as a child? What did you love doing the most? How would you pass your summer days? What types of activities did you find exciting?

What are you passionate about now? What really motivates you? What do you do that you get totally lost in? What kind of “geek” are you?

What are the main topics of the books on your bookshelf? What do you enjoy reading? This is how I figured out I wanted to become a yoga therapist. All the books I was reading were on the topics of yoga or therapy.

What puzzles you that you want to figure out? People, complicated life situations, or building a better widget? Perhaps, The Universe, God or spiritual matters? Maybe the environment, climate change or nature in general. How to ski, skate, write, paint or a thousand other things.

Ask your family, friends, and co-workers. Think of the five people you spend the most time with and ask them to share with you what they think your gifts, talents, qualities, and strengths.

You could get the person you are closest to answer this question: What I like and admire about _____ (YOU!!) is

REMEMBER - This is NOT something you've perfected. It's something you love to do, create, and get lost in. You love to talk endlessly about it, time slips away when you do it, and you will do almost anything to do it. You are blissing out whenever you do it or think about doing it.

It could be anything!! Like watching your kids or grandkids play, baking cookies, figuring out how to make a fancy bun in your hair, figure drawing, teaching swing dancing, singing show tunes. It could also be climbing rocks, chasing tornados, talking

about music, playing the Ukelele, riding your bike with no hands and I could go on and on.

It's just your thing that you love to do!! **What is that?**

Write it down, shout it out, OWN it!! It's yours -- your thing. Love it!!

A NOTE: No one else is going to embrace you for that thing you love to do until you own your gift -- you rock your talent.