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Embrace your true self – find the work you love

Action item: Call or email three of your closest friends or family members and ask them four simple questions.

1. What are three gifts or talents you have noticed in me? !
2. What activity, (professional or personal) seems to bring me the most joy?
3. What types of people have you noticed that I gravitate toward?
4. What have you always thought would be a good hobby or recreational activity for me, but never told me?

Don't let people off the hook. Make sure you get answers that are clear enough so that you can use them in your own understanding.

Use a journal to help you keep track of the phone calls and emails. You can also keep track of your answers to these four coaching questions.

1. Was there a common theme heard in the answers you received?
2. What surprised you the most in the responses you received?
3. What was reinforced by what you already knew of yourself?
4. How can you immediately incorporate something you learned?

"I believe that every person is born with talent." -Maya Angelou