

IDENTIFYING YOUR GIFTS, TALENTS, & STRENGTHS

Time and time again, we are reminded of the value of young women in the world today. Sister Bonnie H. Cordon, Young Women General President, has stated, “You are *all* remarkable young women. You are unique, each with your own gifts and experiences yet alike in a very important and eternal way.”¹ Sister Jean B. Bingham, Relief Society General President, echoed a similar sentiment: “Each woman has a unique blend of abilities and talents, and all are God-given gifts.”² Throughout our lives, we have the opportunity to discover new gifts, talents, and strengths. These will bless not only our own lives, but the lives of those around us as we seek to be “made instruments in the hands of God” (Alma 26:3).

In the *Guide*, I encourage you to create lists of your talents and strengths, consider initially unexpected talents and strengths, and to ask others what they think your talents and strengths are. This worksheet is one more tool to help you consider different areas that you may enjoy or be skilled in.

Rate each of these skills or interests on a scale from 1 (not interested) to 7 (very interested).

HOME

- ___ Baking
- ___ Camping / Backpacking
- ___ Car maintenance
- ___ Cooking
- ___ Decorating
- ___ Entertaining guests
- ___ Exercising
- ___ Faithfulness
- ___ Finances
- ___ Gardening
- ___ Home maintenance
- ___ Hospitality
- ___ Maintaining a schedule
- ___ Nurturing family relationships
- ___ Sewing

SCHOOL

- ___ Art
- ___ Athletics
- ___ Auto Mechanics
- ___ Being on time
- ___ Business Technology
- ___ Career Planning
- ___ Child Development
- ___ Computer Science
- ___ Culinary Arts
- ___ Dance
- ___ Filmmaking
- ___ Financial Management
- ___ Finishing assignments on time
- ___ Foreign Languages
- ___ Gardening



- ___ Geography
- ___ Government
- ___ Health
- ___ Health
- ___ History
- ___ Home Economics
- ___ Journalism
- ___ Math
- ___ Metal Shop
- ___ Music
- ___ Participating in or leading clubs
- ___ Reading
- ___ Researching
- ___ Science
- ___ Social Sciences
- ___ Social Skills
- ___ Speech and Debate
- ___ Student government
- ___ Studying
- ___ Theatre
- ___ Tutoring
- ___ Woodshop
- ___ Writing

SOCIAL

- ___ Awareness of others' needs
- ___ Comforting others

- ___ Commitment
- ___ Communicating
- ___ Compassion and empathy
- ___ Creative problem solving
- ___ Emotional Intelligence
- ___ Empowering others
- ___ Generosity
- ___ Honesty
- ___ Including others
- ___ Integrity
- ___ Making friends
- ___ Mental Intelligence
- ___ Serving others
- ___ Word of Affirmation

CHURCH

- ___ Finding opportunities to serve
- ___ Inviting others to church
- ___ Inviting others to participate
- ___ Leading gospel discussions
- ___ Practicing faith
- ___ Scripture study
- ___ Seeking to be Christ-like
- ___ Serving in callings
- ___ Sharing the gospel
- ___ Sharing your testimony
- ___ Teaching



COMMUNITY

- Becoming involved in local politics
- Caring for neighbors
- Cleaning up litter
- Fund-raising activities
- Joining or leading neighborhood groups
- Volunteering

After you have gone through the entire list, circle every interest that you rated 6 or 7. You can add others to this list as well. In the coming weeks and months, begin to explore these interests further.

¹ Cordon, Bonnie H. "Beloved Daughters." *General Conference*. October 2019.

<https://www.churchofjesuschrist.org/study/general-conference/2019/10/33cordon?lang=eng>

² Bingham, Jean B. "Women of Covenant: The Importance of Seeking and Acting on Revelation." *Church News*. May 13, 2020. <https://www.churchofjesuschrist.org/church/news/women-of-covenant-the-importance-of-seeking-and-acting-on-revelation?lang=eng>

