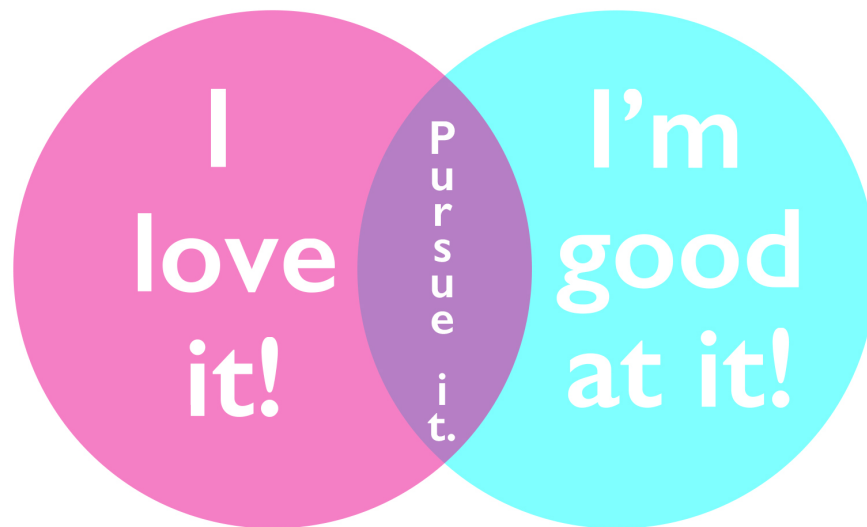

Create Your Success

What Brings You Joy (Part 1)

Which of your natural abilities bring you the most joy

Izolda Trakhtenberg - July 1, 2019



Identify Your Unique Skills and Talents

Introduction

To succeed with your most honest and best self, you need to figure out your unique skills and talents. You also need to know what you love spending your time doing. This might be challenging. You've probably gotten so used to doing what you have to do that you no longer pay a lot of attention to what you love to do. That's what this is all about. How do you identify the things that excite, engage, and inspire you? Particularly when you spend so much of your time doing what you've got to do. Take the time right now to indulge yourself.

Write down all the things you LOVE doing. If money were no object, how would you spend your time? If you could be doing anything right now, what would it be? Write down anything and everything. This is your chance to indulge yourself.

What Do I Love To Do?

A large, empty rounded rectangular box with a thin blue border, intended for the user to write their answer to the question 'What Do I Love To Do?'. The box is centered on the page and occupies most of the vertical space below the question.

Once you've written out all the things you love to do, make a list of all the things you're good at doing. You'll notice they're not all the same things. There are plenty of things you might be great at that don't float your boat. For example, I'm great at keep track of projects, but doing that for someone else doesn't thrill me.

Additionally, you might love to do something but don't have a lot of ability with it. For instance, I love to draw, but my drawings look like a sugared-up five-year-old went bananas with a bunch of crayons.

So, figure write down all the things you're good at doing even if you don't like to do them.

What Am I Good At Doing?

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Pursue it!

Now that you've figured out what you love and what you're good at, write them out below. See which ones relate to one another. I'm betting some of them overlap. I also bet that you're good at a lot of stuff you don't adore doing and vice versa. So, write all of the above down below and draw lines between the ones that are related to one another.

Love

Good at



Once you identify the ones that relate to one another, those are the ones you're going to want to pursue. Here's what I mean. If you both like it and are good at it, that's a natural focal point for your time, work, and life. In the next piece, we'll identify your talents and skills and begin the process of helping you achieve your dream work and life!