

People who know and use their talents in their daily lives are more likely to experience pleasant sensations such as fullness, satisfaction, energy, joy, etc. and less likely to experience unpleasant sensations such as stress, worry, anger and sadness, among others. It is our responsibility to know what our main talents are in order to dedicate ourselves to what fills us, in addition to putting it at the service of others to improve this world with what each one of us can contribute.

Carefully read the definition of each talent and assess how the talent is applied to the person, from 1 to 5, with 5 being the highest score. **The goal is to give ratings for all talents, with six talents rated a five.** If you get more than six talents valued at 5, think about which of them you would value one point less, so that you end up with their SIX main talents valued at 5.

1. Analytical: _____

He or she tends to take a critical approach and look for reasons and causes. He or she has the ability to consider factors that could affect a situation. He or she usually asks questions and looks for patterns and connections.

2. He or she learns from every situation: _____

Everything happens for a reason. He or she uses every moment as a learning and growth opportunity, he or she turns it into knowledge.

3. He or she seeks for the excellence: _____

He or she prefers working with and for the best. She or he tends to transform good into excellent.

4. He or she is consistent with his or her values _____

He or she has clear values; he or she is certain about their importance in his or her life, and he or she acts accordingly.

5. Competitive: _____

He or she likes to be as good as or better than others. He or she does not give up in the face of adversity. He or she accepts challenges to succeed.

6. Communicator: _____

He or she knows how to communicate a message efficiently by connecting with people. He or she gives arguments through direct and clear language. He or she likes to explain, describe, speak in public, and write.

7. Creative: _____

He or she is good at generating new ideas and thinking out of the box.

8. People's potential developer: _____

He or she notices people's talent or potential, and he or she likes to help them succeed.

9. Disciplined: _____

He or she has willpower. He or she commits and engages with what he or she decides to do. He or she is an orderly and persevering person.

10. He or she enjoys learning: _____

She or he wants to learn and improve. She or he likes to learn new things; the learning process is as important as the result.

11. Entrepreneur: _____

He or she is able to generate or identify opportunities. He or she takes the initiative to carry out actions that involve some risk and organizes the resources for them.

12. Flexible /adaptable: _____

The unexpected does not bother him or her. He or she can easily adapt to changes.

13. Inclusive: _____

He or she thinks that, as humans, we all have the same value. He or she tries to get everyone's contribution and participation.

14. Innovative: _____

She or he is an inventive person, and she or he likes to come up with and create new useful, unconventional things.

15. Inspiring: _____

He or she usually leaves a mark on people, which helps them make the best out of themselves.

16. Intellectual: _____

He or she enjoys critical thinking, reading, research, and self-reflection.



17. Leader: _____
He or she can motivate people and influence their behaviour or opinions to work for the common good.
18. Empathetic: _____
He or she naturally puts himself or herself in the place of others, understanding their feelings and emotions.
19. Mediator: _____
He or she has a natural tendency to and preference for emotional balance among people. He or she has the ability to solve personal conflicts and strengthen collaboration.
20. Organizer: _____
He or she has the ability to manage situations, resources, and people. He or she prioritizes tasks for optimal efficiency.
21. He or she focuses and prioritizes: _____
He or she knows the goal, and he or she focuses his or her interest and effort on achieving it.
22. Positive: _____
He or she faces situations with an optimistic approach. He or she focuses on the good things in life and opportunities.
23. Productive: _____
He or she achieves his or her goals the best as he or she can. He or she dedicates all his or her effort, time, and work to obtaining results effectively.
24. Prudent: _____
He or she usually speaks or acts carefully, thinking things through in a fair and adequate manner with caution and good judgement.
25. Solver: _____
He or she is a proactive person and a fast decision-maker when solving issues.
26. Responsible: _____
He or she consciously makes decisions and behaves in a way to improve himself or herself and help others. I am accountable for my own actions and decisions.
27. Self-Confident: _____
He or she is self-assured. He or she knows he or she can. He or she trusts both his or her abilities and his or her judgment.
28. Artistic: _____
He or she has the ability to express emotions, sensations, or ideas through art forms that involve one's body, linguistic skills, or music. He or she is good at some of the following: dancing, singing, acting, crafts, painting, writing, etc.
29. Sporty: _____
She or he has good physical skills. She or he has the ability to easily learn and practice sports.
30. Visionary: _____
He or she is a future-oriented person. He or she likes to imagine what the future might hold—always with a positive outlook—because this is inspiring for him or her.
31. Strategic: _____
In any scenario, he or she can quickly identify the relevant patterns and problems, having the ability to sort the chaos and find the best path.
32. Activator: _____
He or she likes to make things happen by turning thoughts into action. He or she makes a decision, he or she takes action, he or she looks at the result, and he or she learns.
33. Sociable: _____
He or she loves to meet new people and obtain their affection. He or she chats with strangers to break the ice and even build a friendship.

