

The Journey to
**LIVE YOUR
MAGIC!**TM



The Truth About You
WORKBOOK SERIES

YOU ARE GIFTED

How to Discover Your Gifts

Larry Anderson with Sarah Janzen



Book Title: Journey to Live Your MAGIC!TM
Book Subtitle: Workbook Series
Authors: Larry Anderson and Sarah Janzen

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Journey to Live Your MAGIC!TM
Workbook Series

The Truth About You Series

1. How to Discover Your Gifts
2. How to Make Empowering Choices
3. How to Discover and Live Your Personal Mission

The Six Tools Series

4. How to Read to Learn
5. How to Connect With Allies
6. How to Reach Out to Mentors
7. How to Journal For Self-Discovery
8. How to Ask Better Questions
9. How to Meditate to Hear Your Inner Guide

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YOU ARE GIFTED

Each of us is born with a unique set of gifts that define our promise. These gifts take three forms: aptitudes, drivers and direction.

APTITUDES are things you naturally do well. We classify them in two categories: Talents and Abilities.

TALENTS are usually immediately recognized and valued, by you, and others. We call them “the obvious gifts.” Some examples are:

- the natural aptitudes to sing, to draw, to dance
- natural eye-hand coordination, flexibility or balance
- exceptional memory or academic understanding

ABILITIES are typically not immediately recognized or valued, by you, or others. We call them “the subtle gifts.” These can become among the most valued of all gifts. Some examples are the natural aptitudes:

- to sense the feelings of, and connect with, other people or animals
- to understand how mechanical things go together
- to be able to easily solve problems that others find difficult

DRIVERS are inborn mechanisms that allow you to focus your energy and attention. They reveal themselves when you completely lose track of time and other interests when engaged in them. We classify them in two categories: Curiosities and Passions.

CURIOSITIES are an innate drive for understanding, knowledge and wisdom. Some examples are the natural drive:

- to understand or solve a scientific issue or problem
- to understand how to write computer code, maybe in order to create an app or game
- to understand how philosophy or religion can improve your life

PASSIONS are an innate drive for performance excellence in the arts, in sports, in academics, or in a host of other activities. Your passion may lead you:

- to learn how to improve your breathing and vocal performance as a singer
- to learn how to connect with an audience as an actor or speaker
- to improve your skills and performance in hockey, basketball or any other sport

DREAMS are where you want to go. It is the gift of a destination. Learning to discern the difference between fantasies, dreams and goals will allow you to optimize the value of this gift.

- A fantasy is something you'd like to have happen but you don't believe will happen.
- A dream is something you believe can happen but you have no plan to make it happen.
- A goal, typically a milestone en route to your dream, is something you believe will happen and you are implementing a plan to achieve it.



GIFT 1: TALENTS

Your Obvious Gifts

A person possesses a talent when they themselves and the people around them realize this talent. The talent you own is valued by you as well as by the people around you. You have the ability to innately perform your talent and other people know that you are good at what you are doing.

Read the examples below and write the corresponding talent beside each paragraph. The talents in the box below do not demonstrate the only talents a person may have, but instead are used as examples to illustrate the meaning of the word “talent.”

A REMINDER...

TALENTS are usually immediately recognized and valued, by you, and others. We call them “the obvious gifts.” Some examples are:

- the natural aptitudes to sing, to draw, to dance
- natural eye-hand coordination, flexibility or balance
- exceptional memory or academic understanding

Athletic	Artistic	Scholastic
Technological	Culinary	Linguistic

1. _____

Whenever I am passed the ball, I often hear members of the other team yell "Shooter!" They yell this to communicate to their own team members that somebody needs to move towards me quickly so that I am defended. The reason they yell "Shooter!" is because they know that when I get the ball, no matter where in the key I am, I will most likely shoot the ball and score. I am proud of the shooting talent I have, and continue to work at it every day.

2. _____

Since I was in high school, I have surrounded myself with everything to do with computers. When I was sixteen I had my own business, which I ran out of my parent's basement, where I would order the appropriate parts and build my own computers. Many of my friends' parents would purchase computers from me and always told me how happy they were with the finished product. I am now 26 years old and am the director of an information technology company. My relatives are happy to have me in the family because they know that they can always count on me to fix a virus on their computers.

3. _____

I have the ability to remember specific historical dates and recite them without difficulty. Social studies has always been my favourite subject because I am able to easily remember the dates of many historical events. My teacher always seems to ask me what year certain events occurred when she can't quite remember. My friends always try and quiz me on my knowledge of dates to see if they can trick me into getting one wrong. They are always so impressed that I never get any dates mixed up.

4. _____

People always seem to ask me for the recipes of the things I cook. I love having people over for dinner and people love to come and experience my cooking. I have created quite the reputation for myself and find that people are always trying to invite themselves over for dinner. I am not surprised that I won the community chilli cook-off last summer, and neither are any of my friends.

5. _____

I have been blessed with the number of places around the world where I have lived. From a young age, my family has moved to many different places because of my dad's occupation, so I have experienced the way people live life all around the world. I have a talent of picking up languages very easily. I currently can speak, read, and write in five different languages and am currently working on a sixth. My parents have always been in awe of my ability to learn a new language so quickly.

6. _____

The stresses of life can sometimes be hard to escape from, but I have found a way to take a mental break from it all: painting. Something happens to me the second I pick up a paintbrush and make my first stroke. I often don't have a concrete plan or vision as to how I want the painting to turn out; instead I just let my heart do all the work. I often have people asking me if they can purchase my paintings, and I receive requests for certain paintings to be done. I don't continue to paint for the money; I paint because I am good at it. I love to set aside time each day to escape into my painting wonderland.

Now it's your turn! Write about two of your own talents below.

7. _____

8. _____



GIFT 2: ABILITIES

Your Subtle Gifts

Your abilities are less obvious than your talents. Not everyone knows the abilities you possess and there is a possibility that you haven't even realized them yet. Sometimes you'll find you have a subtle gift but other people may not value it. Sometimes you'll find that your subtle gift isn't valued until you are older, or sometimes never at all. This doesn't mean that your abilities aren't valuable; it means that they are so subtle that no one realizes you even have a gift.

A REMINDER...

ABILITIES are typically not immediately recognized or valued, by you, or others. We call them “the subtle gifts.” These can become among the most valued of all gifts. Some examples are the natural aptitudes:

- to sense the feelings of, and connect with, other people or animals
- to understand how mechanical things go together
- to be able to easily solve problems that others find difficult



GIFT 3: CURIOSITY

The Drive for Understanding

The questions you ask yourself direct you to seek information. The information you sought is turned into knowledge. If you apply this knowledge in your daily life, it becomes wisdom. Said another way, the wisdom that you possess stems from your curiosity. Without the gift of curiosity, nobody would have the drive to try and understand anything in his or her life. Because of curiosity, people have the opportunity for wisdom.

A REMINDER...

CURIOSITIES are an innate drive for understanding, knowledge and wisdom. Some examples are the natural drive:

- to understand or solve a scientific issue or problem
- to understand how to write computer code, maybe in order to create an app or game
- to understand how philosophy or religion can improve your life

Read the paragraph below. Answer the questions about the paragraph and see how Marcus obtained some wisdom to use in his life.

I knew that I wanted to be a photographer since I was sixteen. I was always good at angling the camera just right and had always been able to take beautiful pictures. As I thought more about taking this direction towards a career in photography, I realized that while I was really good at capturing the perfect moment, I had no idea how to develop the film once I had filled it with pictures. Once I came to this realization, I turned on my computer and searched “how do I develop color film?” Many articles came up but I was most drawn to a title of a book. It was called “How to Develop Color Film: The Quick and Easy Way.” I drove to the nearest library and checked it out. I didn’t realize how many steps there were to develop film. I had to mix chemicals together, heat them up, open the film canister, remove the film, load it into the film reel and place the reel in the scorching hot chemicals. I had to ensure that while doing this I was in absolute darkness so that light wouldn’t ruin the pictures. I kept reading on and was somewhat overwhelmed by how many steps there were to follow: 18 in total. I thought that I might as well give this developing thing a try. I got out my recently used film canister and began to follow each step carefully. I was impressed with my finish product and will develop all the film I use in photo shoots myself.

1. What was the initial question Marcus asked himself?

2. What did Marcus do to find an answer to his question?

3. What knowledge did Marcus gain?

4. How did he apply this knowledge into his everyday life?



GIFT 4: PASSION

The Drive for Performance

Passion is the drive to work extremely hard towards achieving the level of performance you desire. It helps you to chalk up the energy to take initiative in whatever you are doing and make things happen. Without passion you will never perform at the level you desire.

A REMINDER...

PASSIONS are an innate drive for performance excellence in the arts, in sports, in academics, or in a host of other activities. Your passion may lead you:

- to learn how to improve your breathing and vocal performance as a singer
- to learn how to connect with an audience as an actor or speaker
- to improve your skills and performance in hockey, basketball or any other sport



GIFT 5: DREAMS

The Gift of Direction

The dreams you have guide you towards where you want to be in life. Your dreams are the compass of your life. You know where you want to be, and you use your dreams to move closer to your destiny.

A REMINDER...

DREAMS are where you want to go. It is the gift of a destination. Learning to discern the difference between fantasies, dreams and goals will allow you to optimize the value of this gift.

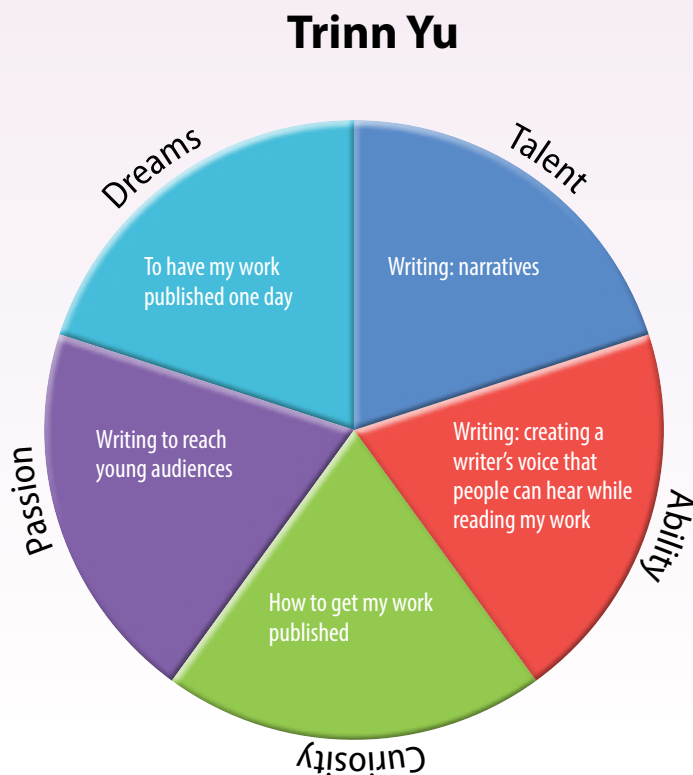
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- A goal, typically a milestone en route to your dream, is something you believe will happen and you are implementing a plan to achieve it.



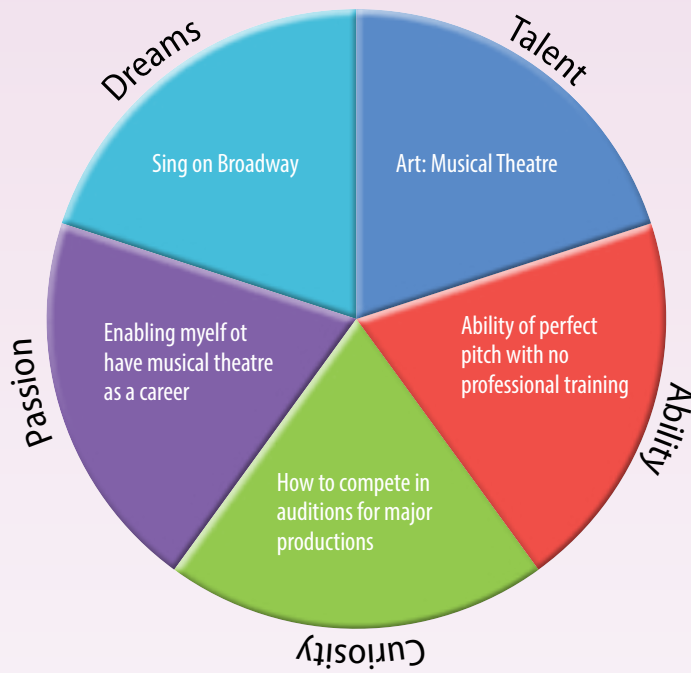
GIFT PROFILES

Gift profiles are the combination of talent, ability, curiosity, passion, and dreams. Everyone's personal gift profile will be different but will always contain all five gifts. For example, some people may feel as if they have more passion than curiosity.

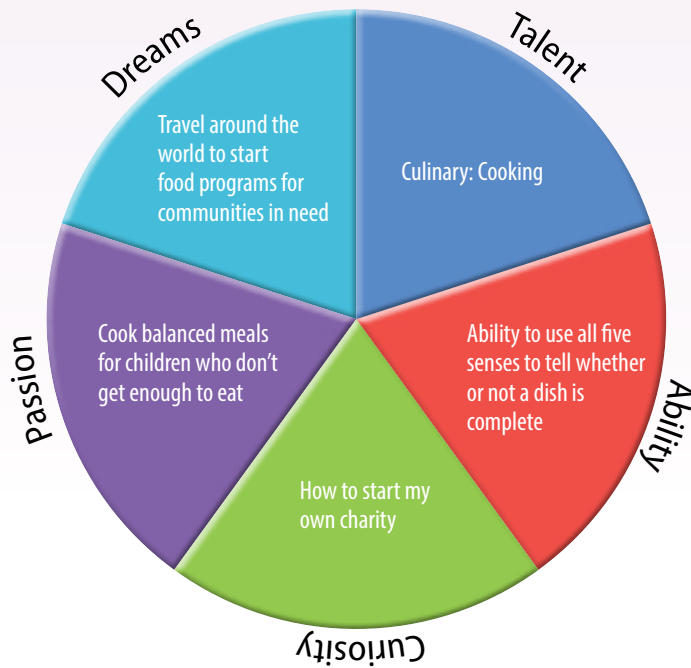
View the examples below and then create your own gift profile.



Elliot Mathison

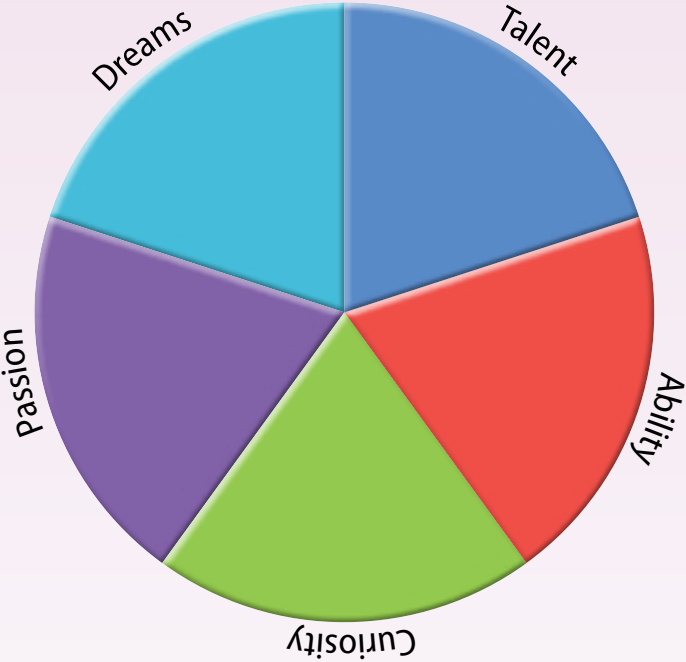


Troy Builder



Now it's your turn. Fill in your own gift profile with your talent, ability, curiosity, passion, and dreams.

Name: _____



Talent	
Ability	
Curiosity	
Passion	
Dreams	