



How Am I "GIFTED"

Questions to Ask Yourself

- Can you smile at someone?
- Can you cook or bake?
- Can you teach?
- Can you preach?
- Can you ease tensions in a stressful situation?
- Can you make a stranger feel welcome?
- Can you see the humor in something that doesn't go according to your plan?
- Can you write poetry or prose?
- Can you grow flowers, vegetables, plants, or trees?
- Can you make music?
- Can you comfort someone who is sad or grieving?
- Can you forgive?
- Can you be a friend?
- Can you allow the other people to have their own opinions and value them even if they are different from yours?
- Can you draw, paint, weave or sculpt?
- Can you admit you're wrong?
- Can you figure out what is the most important in life and prioritize?
- Can you sew, knit, or crochet?
- Can you tell your story; can you share important things about your life with someone else?
- Can you make money, and can you give part of that money away to help others?
- Can you cheer someone on step-by-step, appreciating and celebrating each incremental victory?
- Can you dance joyfully?
- Can you donate your time and talents expecting nothing in return?
- Can you stand up for what you believe in?
- Can you make people laugh?
- Can you listen intently to someone, thinking only about what they are saying and empathizing with their feelings?
- Can you allow another person to help you? And without feeling your pride was damaged?

If you can answer 'Yes' to any of these questions (or any similar questions), then you are "gifted."