

MODULE 1. GET TO KNOW YOURSELF

READY TO START

WORKSHEET 9.



Co-funded by
the European Union





WORKSHEET 9.

TALENT MEDITATION

This meditation is designed to inspire you to explore your inner resources and discover hidden talents.

Enjoy this journey of self-development and self-acceptance.

- Sit or lie down in a comfortable position
 - Close your eyes and take a few deep breaths to relax
 -
 -
 -
 - Allow yourself to open your mind and heart to discover your inner talents and strengths
- Start by focusing on your breathing
 -
 - Feel the rhythm of your breath as it enters and leaves your body
 -
 - Allow each breath to calm your body and mind
 -
 - Find a peaceful and beautiful place in your thoughts
 -
 - It may be a place that you find particularly pleasant and soothing...

○ ZAsk yourself:
"What talents and strengths are there hidden inside of me?"



○ . . . Let the answers to these questions
arise naturally in your mind

It may be a feeling, an image or a thought ○

○ Focus on each discovery and allow yourself to deepen
that inner sense of your talents

○ Imagine how these talents grow and develop inside of
you.

○ Express gratitude for these discoveries and for yourself

○ Enjoy the fact that you have unique talents and abilities
within you that are worth exploring and expressing

○ Remain in this state of peacefulness and openness for a few
moments before you slowly begin to return to the present moment

Slowly open your eyes and make a few gentle movements to
return to the present moment



○ Go through your discoveries and make a resolution to be open to further exploration of your talents in your daily life.

○ **WRITE DOWN YOUR FINDINGS:**

A large, hand-drawn rectangular box with a teal border, intended for writing down findings. The lines are slightly irregular, giving it a hand-drawn appearance. The box is empty and occupies the lower half of the page.