MODULE 1. GET TO KNOWYOURSELF



WORKSHEET 9.







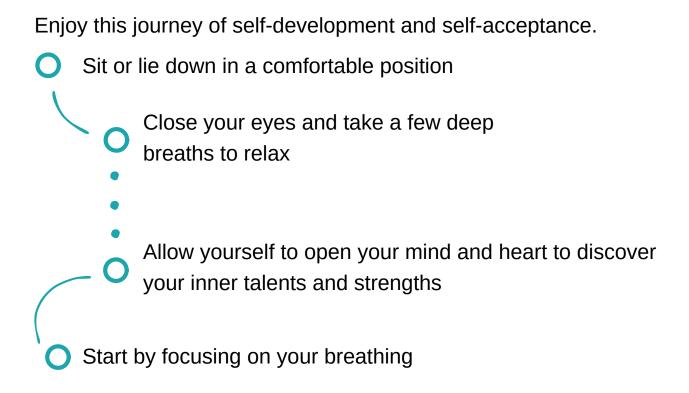




WORKSHEET 9.

TALENT MEDITATION

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



- Feel the rhythm of your breath as it enters and leaves yourbody
 - 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...

MODULE 1. GET TO KNOWYOURSELF WORKSHEET 9.



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:

