

# 18.



---

## Finding your fingerprint

The activities that follow are designed to help you explore facets of your being that distinguish you as unique. You can also use these exercises when you are coaching or mentoring others. It is important that you are clear about who you are, who you are not, and what you are ultimately about in order to live your life to the fullest and be able to offer all you are capable of. Once you have thought through and identified 'who you are', you can translate this knowledge to the frames you have in your life, and explore whether they are enabling you or impeding your growth.

Spend some time exploring the authentic you. And always remember: there has only ever been, and will always only be, one you. Would you dare deprive the world of that gift?

## ACTIVITY 3

### MY INHERENT GIFTS

Part of defining your uniqueness is to know something about your inherent gifts. A way of thinking about this is to ask yourself: 'In what way(s) am I gifted as a person?' A person's gifts are often referred to as their 'aptitude'. While most of our skills are learned, aptitude is considered to be an inherent predisposition to excel at certain things.

Some people are natural-born athletes. From early on, they have a gift at excelling in the physical realm, and they do so in a way that symbolises peak performance. Others are endowed with great musical ability, drawn to the energy associated with playing in a symphony orchestra or singing a solo on stage in front of thousands of people. Some people have what is called numeric aptitude, meaning they are particularly suited to roles or activities that require quantitative reasoning, not unusual for people who work in finance. Verbal aptitude is also considered a gift, most of us being able to think of a person we know who is exceptionally talented at articulating a vision in the written or spoken word and influencing others to follow. And then there are people who have what is known as diagrammatic aptitude, which means they have a natural gift at seeing systems. They tend to see patterns, relationships and interconnections in any challenge or opportunity they encounter. There are dozens of inherent gifts that manifest themselves in the people around us in our day-to-day encounters. It is difficult to find a person who isn't gifted in at least one particular realm.

Whether an inherent gift is manifested on a sports field or a theatre stage, in the workplace or a classroom, or even alone, it is important that you know what your gifts are, and that you assess your own comfort at having those gifts become a signature component of your uniqueness.

Following are the attributes of an inherent gift. Determine whether any or all of these attributes pertain to what you believe to be your gift.

## AN INHERENT GIFT IS A SKILL OR ABILITY THAT:

- manifests fairly early in life, although is perhaps not fully realised until later in life
- may be driven largely by intuition or instinct, although it gets developed more fully through direct experience and learning
- perpetuates a heightened sense of confidence across time, enabling you to repeatedly lift your own personal success threshold
- you coach others on, formally or informally, and distinguishes you as a best practice or benchmark
- energises you and those who you choose to share it with
- classifies you in a league of your own, perhaps unique only to you
- others have recognised in you and have encouraged you to display.

Based on these attributes of an inherent gift, list what you believe to be your gift(s):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Now list the three words from Activity 2:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Now ask yourself whether the three words you have chosen to define who you are enable or provide some outlet to express your inherent gifts.



