

The PASSION TRAP

M O D U L E 3

The Truth About Talent

Talent is tricky. You assume you have to be born to do a thing, or not bother trying. When you look in your cells, can you see talent there?

Assuming you don't have the "talent" is a great example of a fixed mindset. And as we've covered, a fixed mindset about passion can limit you. And so can a fixed idea about talent.

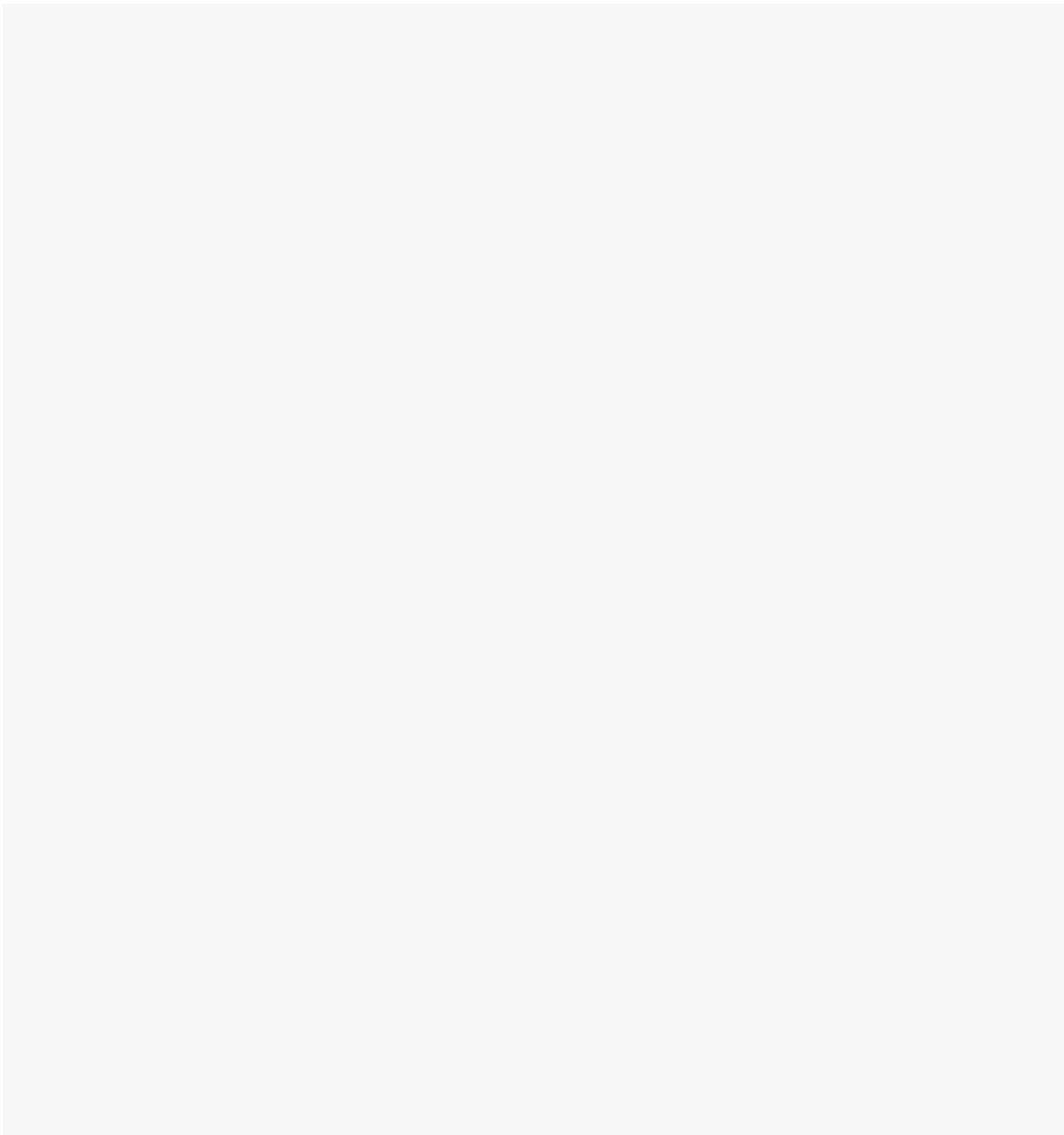
Talent can show up in the things that always came naturally to you—but it can also manifest itself as a result of skill-building.

What we think of as "talent," in fact, is likely the result of effort and attention, which is something you're more than capable of.

YOUR TALENT, EXPRESSED

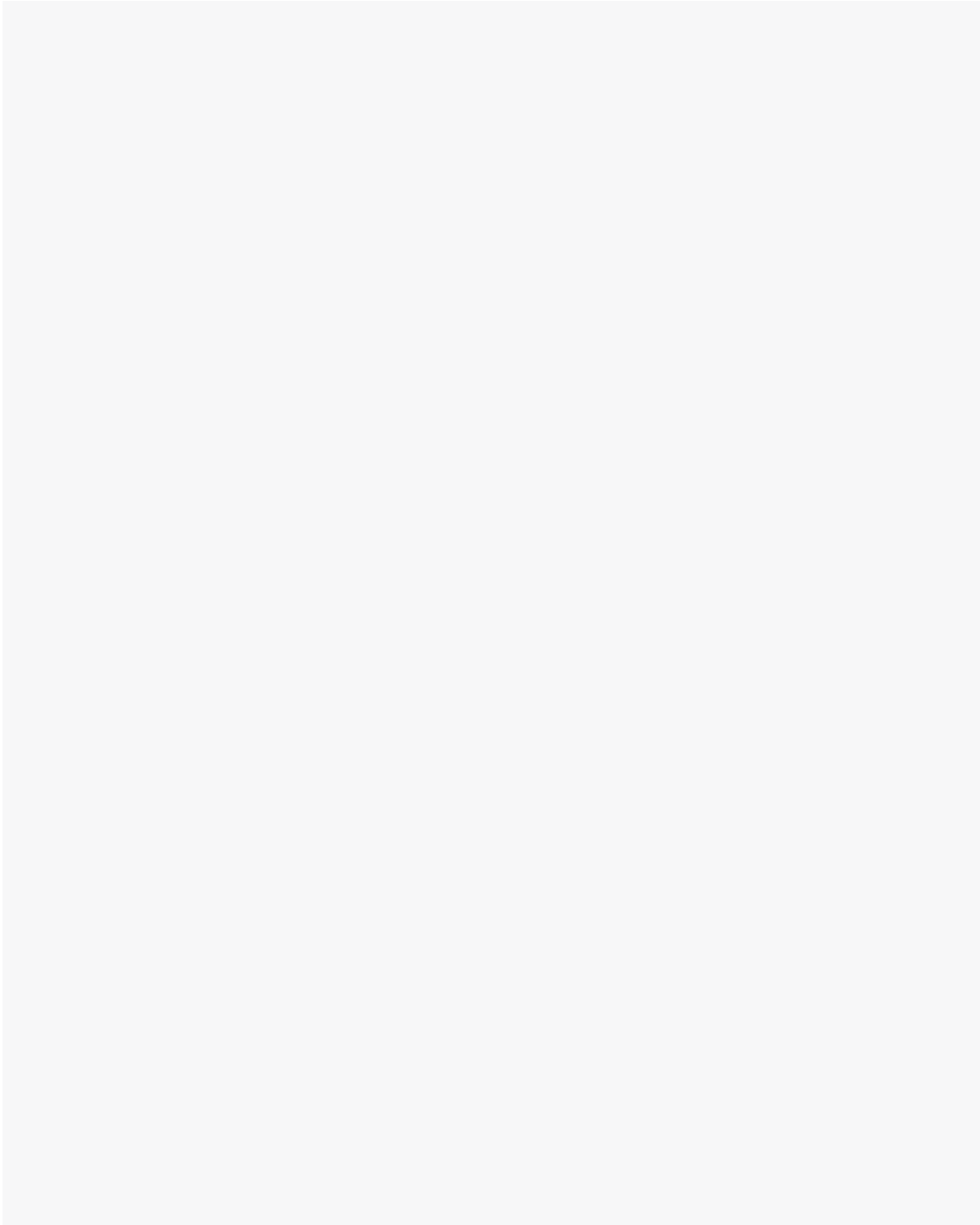
Take a few minutes to think about the things that came easily to you, and that you've been doing so long you don't remember not knowing how to do them.

PROMPT: Make a list, and then pick one to elaborate on. When did you realize you could do it and do it well?



Next, jot down things you're good at that you worked hard to achieve. When did you first learn to do it? Were you surprised by how well you did or how much you enjoyed it?

Set a timer for 10 minutes.

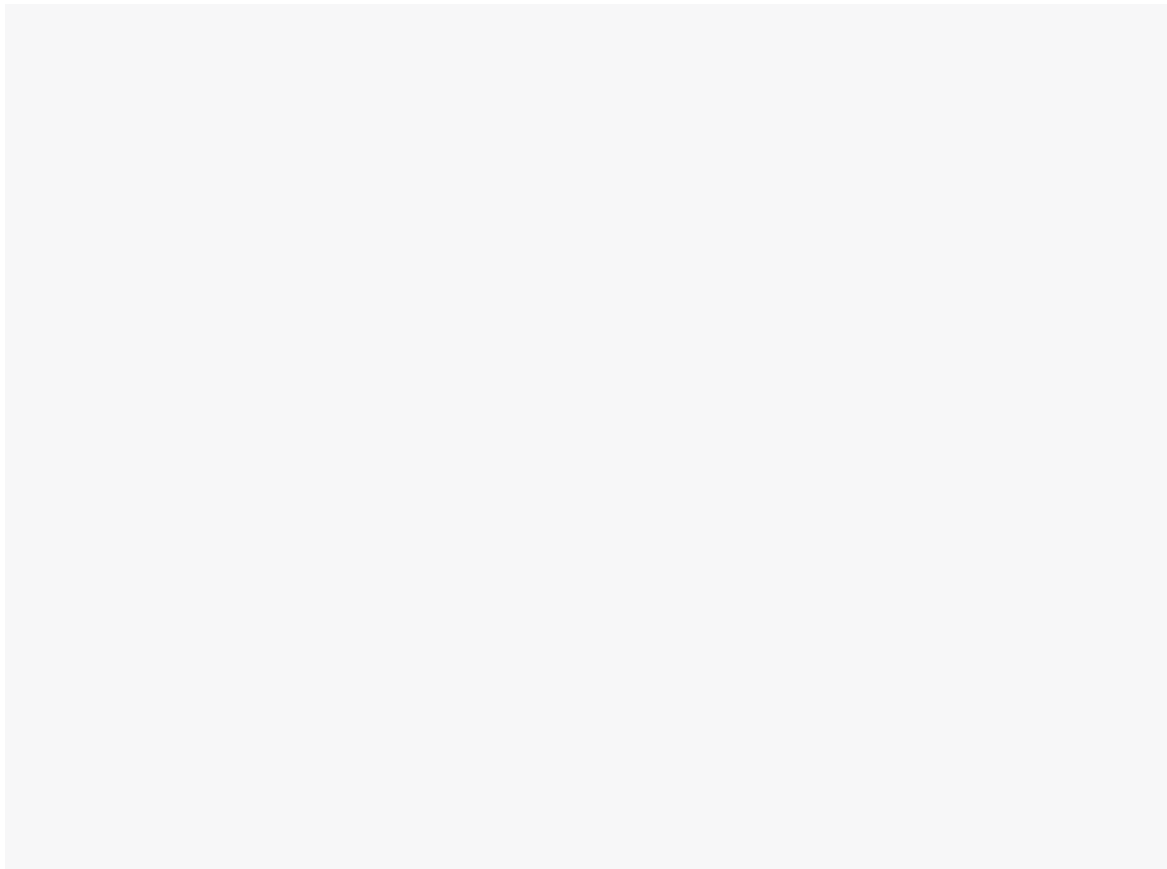
A large, empty light gray rectangular area intended for writing notes. It occupies the central portion of the page, below the instructions and above the footer.

SKILL & TALENT INVENTORY

Your expertise is a blend of your unique gifts and skills, the way you have developed and used them. It's not about talent vs. skill—because skill has a way of bringing out your talent.

When you consider the things you can do and do well, the skills you've honed, what talent do they represent? If you're really great at helping people organize their spaces, you have developed a talent for visual logic and order. If you're great at sales, you have a talent for connecting with people, following your intuition, and being persistent, among many other things.

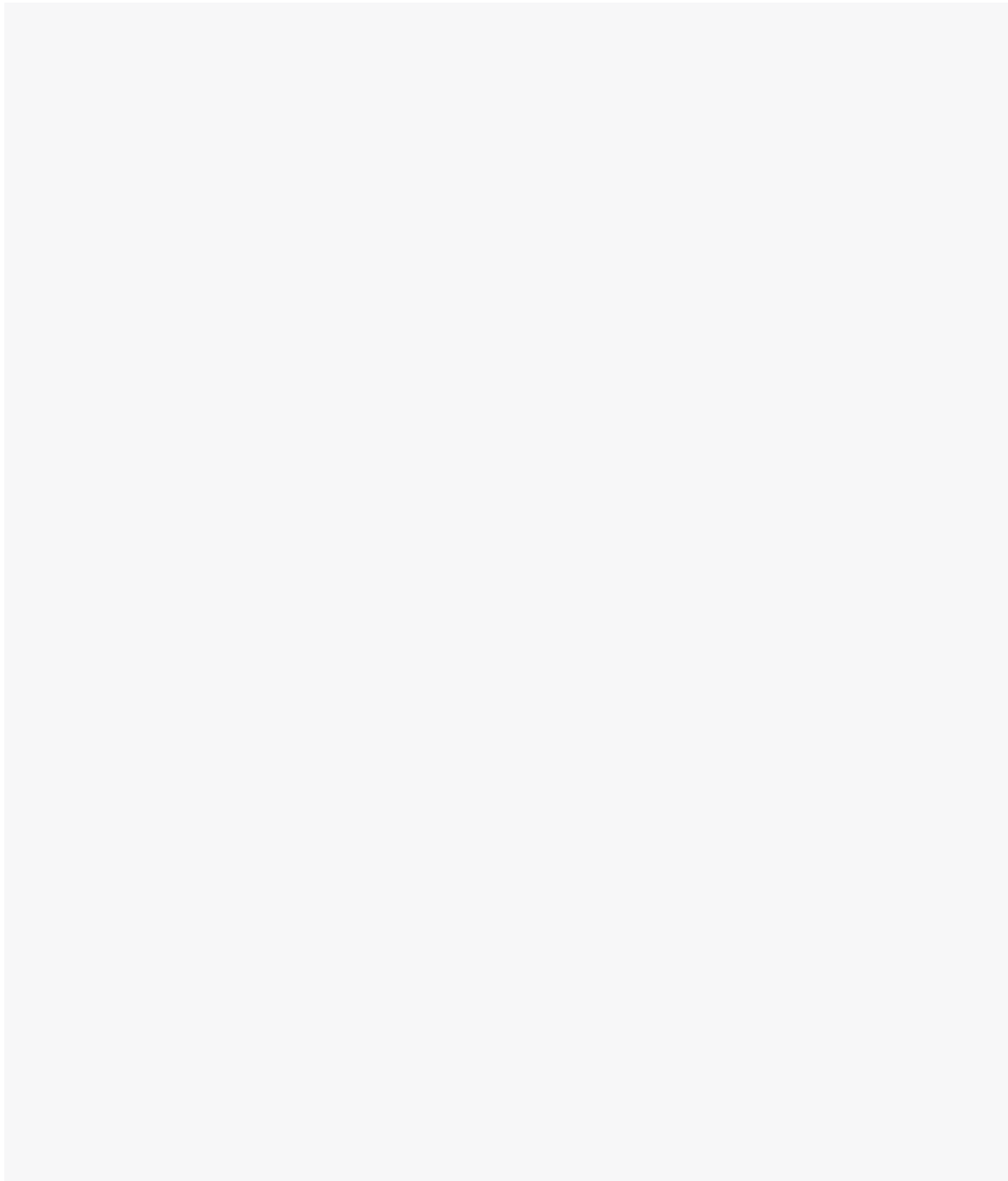
Write out what those talents are, beyond the skills themselves.



...Look at that list! What you're seeing here is a list of talents which are not only valuable and useful—they're also transferable. Meaning, they're not limited to the specific activity you were doing when you learned them.

PROMPT: How might these talents be applied or developed in new ways in areas you'd be interested in exploring? How has all the work you've done set you up for where you are now and where you want to go?

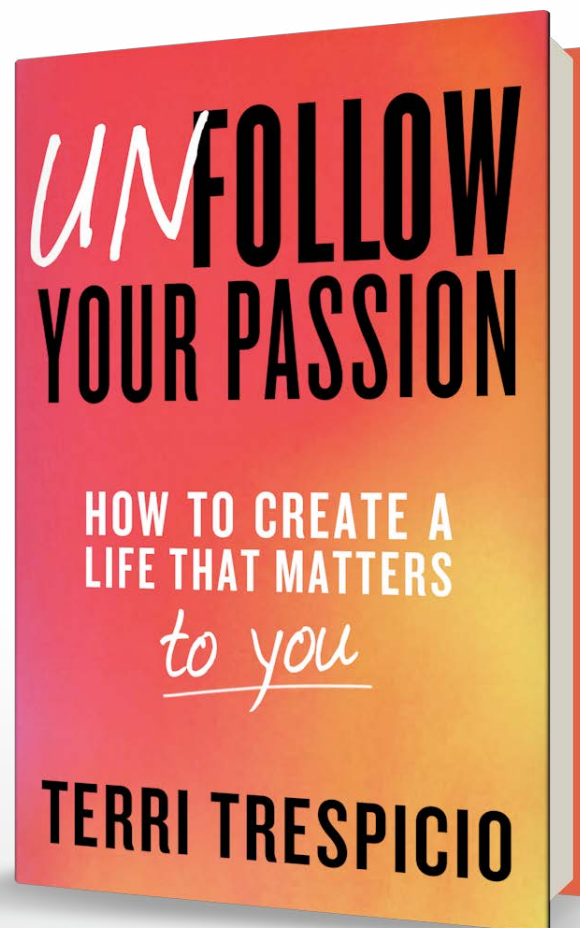
Set a timer for 10 minutes, and you know the drill! Write into this idea and see what comes up.



SELF HELP FOR PEOPLE WHO DON'T FOLLOW ADVICE.

"GENTLE,
BUT BRUTALLY
HONEST."

- POPSUGAR



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