



My Unique Ability

“Everybody is a genius. But if you judge a fish by it's ability to climb a tree, it will live its whole life believing it is stupid.” **Einstein**

“Never forget that you are one of a kind. Never forget that if there weren't any need for you in all your uniqueness to be on this earth, you wouldn't be here in the first place. And never forget, no matter how overwhelming life's challenges and problems seem to be, that one person can make a difference in the world. In fact, it is always because of one person that all the changes that matter in the world come about. So be that one person.” **Buckminster Fuller**

You are unique. There's something that you do that no one else does and it's your job to find out what it is and to put it to good use to positively contribute to the world in some way. This is your special gift! Don't waste it.

When you connect your unique talents & abilities with a passionate vision you will become unstoppable.

Take some time now to consider what is unique about you. Go through the 'What do you love' exercise that you have just completed and note down any consistent themes or patterns that crop up around your unique talents & abilities. List them here:

Themes / patterns:

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What are you ridiculously good at? What are your precious gifts?

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What do you do that is unique to you?

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What special talents have you been praised for in the past (by employers, friends, family members). If you don't know – go ask some of them (or use the email template provided below).

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Complete the following sentences. Consider the exact way that you express your unique ability. What do you do differently?

I have a unique ability to....

When I'm doing that, the exact thing I'm doing is....

When I'm doing that, the thing I love most about it is....

Now, drawing on your above answers, write one sentence to describe your unique ability. If you feel you have more than one unique ability, that's OK – list them all here.

examples

I have a unique ability to understand the nature of people and to pick up on what they really want to be doing with their lives.

I have the unique ability to condense vast amounts of information so that it makes sense.

I have a unique ability to create an environment where I can bring people together.

I have a unique ability to think through a problem until it is solved.

I have a unique ability to constantly come up with ideas.

I have a unique ability to bring out the best in people.

I have a unique ability to connect large gatherings of people through events.

I have a unique ability to communicate through writing.

I have a unique ability to read others and instinctively know what their real problems are.

I have a unique ability to organise & plan projects meticulously.

I have a unique ability to learn new things and share my learnings with others.

I have a unique ability to make sense of logistics.

I have a unique ability to teach others things that I have learned.

I have a unique ability to inspire & lead others.

I have a unique ability to make people laugh.

Email template:

Email subject: Favour

Hey <friend>.

Hope you're well.

I have a favour to ask...I'm doing a program to find some new career options and I was hoping you might have 1 minute spare to help me out.

One of the questions I've been asked is: "What special talents are you praised for by your friends? And what do your friends tell you, you would be really good at?"

So...if you have a moment I would be really grateful if you could let me know what you think my special talents are? And also any careers you could see me doing well in.

THANKS SO MUCH!

<your name here>