

Picture of Excellence

Write the name of a effective or successful person on the line below.

List some characteristics of this person.

Now complete these statements about yourself.

The time when I am at my best is . . .

The best thing about me is . . .

What I enjoy doing most is . . .

The best time in my life is/was . . .

I earn my best grades when I . . .

I enjoy learning about . . .

The best job I ever had was . . .

The best project I've ever been involved with was . . .

Five Clues to Talent

Yearning

To what kinds of activities are you naturally drawn?

Rapid Learning

What kinds of activities do you seem to pick up quickly?

Flow

In what activities did you automatically know the steps to be taken?

Glimpses of Excellence

During what activities have you had moments of subconscious excellence when you thought, “How did I do that?”

Satisfaction

What activities give you a kick, either while doing them or immediately after finishing them, and you think, “When can I do that again?”