

## Gift Discovery Exercise

Directions: List some of your personal gifts and skills in the columns below. Pick **ONE** gift from any column and write it on a Post-It note. Keep the Post-It and hand this worksheet to one of the class facilitators.

<b><u>Gifts of the Head</u></b> Things I know something about and would enjoy talking about with others, e.g., art, history, movies, birds.	<b><u>Gifts of the Hands</u></b> Things or skills I know how to do and could to share with others, e.g., carpentry, sports, gardening, cooking.	<b><u>Gifts of the Heart</u></b> Things I care deeply about, e.g., protection of the environment, civic life, children.
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