

Gift discovery worksheet

Directions: This worksheet is designed to help you discover your gifts. Begin by answering the questions. Next, ask others who know you well to fill out the 360° feedback form. Insert a check mark in the Other column if others mention the same gift in their worksheet. Finally, list gifts that appear multiple times in the Multiple mentions section.

Questions for you	Your answers	Other ✓
What comes easily to you?		
When you were a child, what sort of things came easy to you?		
What are areas where you've received awards, won contests, or received public praise?		
What are the areas where others have said, "I wish I could do that as well as you?"		
Ponder quietly for five minutes, focusing on only one question: What are your natural gifts? Then write your answer.		
Other sources: What gifts have you identified from books, aptitude tests, or other sources?		

Multiple mentions:

1.

2.

3.

4.

5.

Gift discovery worksheet — 360° feedback

Directions: Your friend has asked for your help in discovering his or her gifts. Please take a moment and share your candid responses to the questions below. Please give just the first thought you have when you hear or read the question to avoid over-thinking your response. Thank you!

Questions for a friend or family member	Answers
What comes easily to this person?	
When they were a child, what sorts of things came easily to this person?	
What are areas where this person has received awards, won contests, or received public praise?	
What are some things you wish you could do as well as this person?	
If you were to take a quick guess about this person's natural gifts, what would you say were?	