

***Tap Your Hidden Talents:
How to Use Your “Ordinary” Abilities
to Be An Extraordinary Volunteer***

Presented for:

The Michigan Association
of Healthcare Advocates

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Mini quiz:

1. According to studies, what % of people procrastinate at least sometimes?
2. What % of people say they spend “most of their time” working in their strength areas in a typical day at work?
3. According to the National Soap and Detergent Association, what could you get rid of that would eliminate about 40 percent of your housework?
4. What is the average number of times a person will work toward a goal before they give up?

“In times of great stress or adversity, it’s always best to keep busy, to plow your anger and energy into something positive.”

— Lee Iacocca

“You can’t turn back the clock. But you can wind it up again.”

— Bonnie Prudden

“Live forward”

— slogan for “Just for Men” hair color

Remember: Exercise is a great way to get more positive energy & get rid of negative energy!

Try this: Make a list of healthy activities you like to do or would like to try. For example:

- * skating
- * walking
- * doing a zumba class
- * swimming laps
- * water aerobics
- * kayaking
- * hiking
- * yoga
- * playing tennis
- * gardening
- * using an elliptical machine

The list will give you new & different ways to enjoy adding more exercise to your life (especially if you do them with someone with whom you want to spend time!)

An amazing way to contribute more to your favorite causes
(and boost your self-confidence!)

Before: _____

Now: _____

A person's strengths are made up of:

Talents = _____

Skills = _____

Knowledge = _____

One of the best, simplest, and fastest ways to identify your strengths:

Which activities leave you feeling recharged, excited or accomplished? (move *toward* these)
Which ones leave you feeling drained, bored or angry? (move *away from* these)

An often-missed way to recognize your strengths:

Remember: There is a big distance from acknowledging strengths to being arrogant!

When identifying strengths _____ and _____

“One must have the adventurous daring to accept oneself as a bundle of possibilities and undertake the most interesting game in the world -- making the most of one's best.”

-- From **Getting the Most Out of Life**, by Reader's Digest books

— Robert Frost

The 5 most effective ways to feel better fast

Our guesses:

The answers:

* _____

* _____

* _____

* _____

* _____

* _____

* _____

* _____

* _____

* _____

‘Keep company with those who make you better.’

-- English saying

“Always do your best. What you plant now, you will harvest later.”

-- Og Mandino

“It’s not unusual for human beings to underestimate their own value. Once we’ve mastered a skill, we tend to take it for granted and forget how valuable it might be to other people.”

-- Barbara Winter

And on a lighter note! 😊

“Mom, can you come to my therapist with me? ‘Cause he swears I’m making you up.”

— Grace on the TV show “Will & Grace”

Discovering Your Interests & Gifts

1. Write 5 things you do well or subjects you're knowledgeable about or just anything good about yourself!

Don't worry if something is "too small": Your small abilities add up to great contributions. And don't be shy: The more of your strengths you recognize, the greater your self-confidence will be and you'll contribute more to the success of your organization!

Sample:

1. I'm great at saving money and being frugal
2. I think I'm good at helping people feel better when they're upset
3. I develop creative marketing pieces that generate more revenue

* _____

* _____

* _____

* _____

* _____

2. What is one skill or ability or interest you would like to use more when you're volunteering?

3. Think of 3 people who know and respect you. If you asked them what they think your greatest strength is, what would they say?

4. There is a theory that every person has at least one thing they can do better than any other 10,000 people can do it. If that's true, what is one thing you can do better than 10,000 other people?

Discovering Your Interests & Gifts ☺ (continued)

5. Answer these questions to help you identify your strengths & interests

- a) When do you lose track of time because you're so happy or "lost" in what you are doing?

- b) If you had an hour with another person and could teach them a little about something you're skilled at or passionate about, what would you teach them?

6. Imaginary lives: If you had five other lives to lead, what would you do in each of them?

- * _____
- * _____
- * _____
- * _____
- _____

7. Want to boost your confidence quickly? Take out a blank sheet of paper and list as many of your strengths as possible (no matter how small, no matter how "unimportant," etc.) Don't be shy! The more you see your abilities, the more you'll contribute at work and boost your professional accomplishments.