

“4 Ways to Ensure you Know your Innate Strengths”

Tapping into your innate abilities will give you a huge advantage in achieving your goals and dreams. The term innate is used to describe factors present in an individual from birth, or simply stated, your natural talents. When you recognize your talents and God-given gifts and work towards constantly improving what you're already good at, it will give you an upper hand in life.

The key to tapping into your innate abilities is to understand and be clear about what they are. Here are 4 ways you can ensure you know your strengths.

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Take an assessment –

A great place to begin is taking an assessment to help you determine what your natural gifts and talents are. There are a few to choose from, but one of our favorites is Clifton Strength Finders. These assessments are well designed to help you understand what your natural abilities are so you can spend most of your time focusing and improving upon these strengths.

Don't ignore your weaknesses –

You don't want to focus on your weaknesses, but you need to be aware of what they are. Your weaknesses can get in the way of your success if you don't acknowledge them and manage them appropriately. It's not a bad thing to improve in areas that aren't your strong suit, but you don't want to spend too much

time there. Your success lies within your strengths.

Ask others–

Sometimes the people who spend the most time with you can see things you don't see. They know what you're good at and what you're not so good at, and they will tell you if you ask. Asking for feedback is one of the best things you can do to help you develop and understand what your natural gifts are.

Know what you love –

The things you love to do are the biggest clues to your strengths. Fear can rob you of what you love the most. For example, maybe you have a natural gift of singing and you love it, but you are afraid to use this gift in front of anyone else. Another good example is the gift of teaching or speaking. You could be good at this but being afraid of public speaking could hold you back from doing what you love. Sometimes, we can confuse fear with not being good at something. It's important that you don't let this happen. The things you love are generally what you're naturally good at.

Everyone is gifted in something, and everyone includes you. You have natural talents that you should be working on and focusing on to improve so you can tap into your fullest potential and achieve the success you desire. Your innate talents are a gift from God to help you fulfill the things you were born to do. The best way you can show gratitude is to use them to the fullest.

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