



JULIE WOLK

MODULE 1, EX. 1

YOUR INNATE GIFTS

These are PROMPTS to get your creativity flowing... no need to be a good student and answer each one perfectly ;)

1. What kinds of work, projects or activities are you doing when you feel in total flow? When are you having the most fun?
2. What things do you do really, really well?
3. What did you LOVE doing as a kid?
4. What is super easy for you? What could you teach a class in, off the cuff, with zero preparation?
5. What is the *essence* of these activities? For example, you may love cooking, but is it about feeling creative? Or about nourishing your family or community? What is it about cooking (for example) that you're really good at... for example some folks are good at/love cooking because of their intuition, others are good at/love cooking because they are really good at managing complexity.
6. What would your close friends and family say you are really good at? (ask them if you like!) With what adjectives would they describe you? About what things would they say, "*How do they do that?!*"
7. What about your clients? What do they say? Look at your testimonials. (Feel free to ask them too, it's fun!)

8. How does who you ARE impact or influence the people around you? What happens when you're in the room that doesn't happen when you're not?
9. What accomplishments are you most proud of and what gifts did you use to help these accomplishments come to fruition?
10. Off the cuff, no thinking: *What are you here to do?*

Consider everything above and notice what keeps showing up. What underlies it all? **What is your core magic, gift or genius** (however you want to phrase it)? What are you here to do? Try to come up with one to three core statements, max. These are about your essence or gifts, NOT necessarily about your work. This statement could apply in any area of your life.

Here are mine...

I am here to:

- Create spaces for connection and transformation (*this one feels like my primary purpose on the earth and comes very naturally to me*)
- Put structure around a vision and manifest it into reality (*this comes very naturally to me*)
- Get to the heart of complexity & find the simplest, aligned pathway through the forest (*also comes very naturally to me*)

Now your turn... I am here to:

- Now... how frequently do you activate these gifts/genius in your business? What is fully activated and what is not? Why?
- What gift(s) are you committed to bringing into your work more fully?