



Rebootment Exercise #2

**ASSESS YOUR STRENGTHS,
TALENT & SKILLS**

Introduction:

Time to retire? Reinspire your life and make this next chapter your best chapter ever.

It's important in this next chapter to follow what has heart and meaning for you. Here is a Rebootment exercise to help you remember and acknowledge your personal strengths, talent and skills. It will uncover clues to what will be most fulfilling in this next phase of your life and how you can accomplish this.

Step 1

Write a list of at least 25 of your strengths (innate) and competencies (learned).

Tip: We're often blind to our own strengths because we've always had them, so ask people who know you well to describe what you're good at.



Step 2

Now divide your list in two:

List #1

List the things that come naturally to you—what you are really good at and love doing.

STRENGTHS

List #2

This list should include competencies that you needed for your work, do well, are valued for, but may be tired of using.

SKILLS

Revelation!

List #1 (strengths) constitutes the building blocks for a rich and fulfilling next chapter.

The abilities & skills listed on List #2 may come in handy now and then, but using them probably won't add much to your happiness.

Step 3

Now review List #1 again and brainstorm several applications for each of your key strengths. You can do this alone or work with family and friends on this (since they will be part of your vision for the future, too).

MAP YOUR REBOOTMENT WITH LIFE REINSPIRED

Enjoy the Discovery Process!

Life can be a wonderful adventure of
discovery, contribution and fulfillment!
Take your next step!

CONTACT US FOR MORE INFORMATION AND IF YOU'D LIKE TO CONTINUE YOUR
PROCESS OF DISCOVERY WITH THE TEAM AT LIFE REINSPIRED!

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