

# My Talents & Strengths Tool Kit

## My Strengths

My strengths are my abilities to do things very well. Throughout my lifetime, I have developed my strengths by investing in my dominant talents. **My strengths include:**

## My Talents

My *dominant talents* are the foundation of my *strengths*.

My top five **dominant Talent Themes** – categories of talent – hold many of my dominant talents.

### My Top Five Talent Themes:

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_____	_____
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