


# My Talents and Gifts



**HAND**  
Make a list of all those things you can do with your hands (e.g. gardening, sports, carpentry, cooking, fixing things).

Hand


1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



**HEAD**  
Make a list of all those things you know something about and want to share with others (e.g. music, birds, cars, movies, computers).

Head

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



**HEART**  
Make a list of all those things your care deeply about (e.g. the environment, animals, children, art, the elderly).

Heart

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_