

Bringing Out Your Brilliance

How to Discover & Develop Your Strengths

Accelerating Excellence with Del Gilbert
Podcast Episode #62- Resource Guide

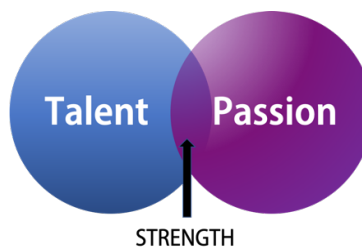
"Find a tiny stream where your strengths can flow and carve them into a Mississippi."

-Marcus Buckingham

People who know their strengths are:

- more confident
- more productive
- more positive
- more fulfilled
- more likely to focus on the strengths of others

Definition of a Strength is when what you do best intersects with what you enjoy. A strength is a combination of talent and passion.



TALENT

A natural ability or aptitude.

- What comes easy to me that others find difficult?
- When do I learn quickly?
- To what do others say, "You have a gift."

PASSION

A strong fondness. A compelling emotion.

- What energizes me?
- What stirs my emotions?
- What makes me glad, sad, or mad?

DEMAND.

- How can I use my strengths in service to others?
- How can I use my strengths and get paid for it?
- Where is there a market demand for my strengths?

When you operate in your **STRENGTHS**, you will do things with more:

- **EASE**
- **EXCELLENCE**
- **ENJOYMENT**

"To be what we are and to become what we are capable of becoming is the only end in life."

- Robert Louis Stevenson