

Talent is always at hand

Your talent is the best thing you, as a person, have to offer. What makes it even better is that it is always right there where you are. Regardless of what happens in life, your talent is here to stay – wherever you are, whatever you are doing. You are born with talent and you will die with it.

Talent can be evident in specific situations. Not all circumstances are conducive to your talent. We only use a small percentage of our **capacity**. In most cases, not more than 20%. Though this appears to be a waste, it is also encouraging. It shows us how much potential there is for growth.



My (Yvette's) talent is to bring people in motion. Karen's talent is make things light. We would like to encourage you to enter the space your talent has for growth. This requires training. But don't forget: the most talented athletes and artists work very hard for their success.

The same applies to us. **Growing** talent requires a daily work-out in order to give your capacities a boost. And it is worth it, both for you and for others. If you work from your talent, you will achieve more, with less effort. And it will be more fun.



Process

Which is why we are sharing these tips with you. Read them, choose one and focus on applying it for a month. Once you have experienced it fully, choose another one. Do be sure to select one at the time; you don't have to do them all at once. That would be an impossible task, and truly not necessary; using only 1% more of your talent will already constitute a great change. Keep it light and give yourself time. Enjoy!

Know your talent

Tip 1. Give your talent a **name**. We do the same with our children. As soon as your talent has a name, you can invoke it when you need it. Have you already given it a name? Then you can skip this tip. If you haven't, read the [appendix](#).

Tip 2. **Examine** your talent, put it under the microscope, be aware of every moment that it comes to the fore. When this happens, take note: of what you do, for whom you do it, what you say, what the circumstances are, etc. Write this down, preferably once a day, but at least three times a week. It doesn't have to be a long story, short notes are sufficient. Write these down in your personal handbook, which will fill up with comprehensive knowledge of your personal talent.

Tip 3. Find out what your **talent slogan** is. Everyone has this one particular sentence that can be associated with them. Words they use regularly. For example 'Go ahead. You can do it'. See if you can find out what your slogan is. It will tell you a lot about your talent.



Talent in action

Tip 4. Make a 'debut'. Talent loves new things. It helps it grow. A **debut** is the perfect instrument for training your talent. Do something new, something you've never done before, or never done this way before. Something that is a little intimidating, but that – deep in your heart – you've always wanted to do. It doesn't have to be perfect; just take on the challenge. Do it, and reap the benefits for the development of your talent.

Tip 5. **Challenge** yourself converting something boring. Use your talent to convert something really boring into something fun. This can be quite demanding, but can always be done. Take 1.46 minutes to be inspired by: [special steward](#).

Tip 6. Put on your talent glasses. Put on your talent glasses and focus on evaluating a situation, challenge or problem through the eyes of your talent. It will undoubtedly generate ideas or solutions that you had not thought of before.



Achieving your goal

Tip 7. Choose your **favorite project**. Sometimes you can't see the woods for the trees. Everything seems equally important. Yet surely there is one thing or activity that really interests you, that inspires you and that you want to invest more time/energy into. You can be sure that this will involve a lot of your talent. Choose a favorite project and give this a central place in your life.

Tip 8. **Imagine the outcome**. Formulating a specific aim is an important step towards achieving it. What really helps is to visualize the outcome that you are aiming for in as much detail as possible and to write this down. You can do this by writing key words on post-its, or by making a painting, a drawing, or writing a paragraph or two; go about it your own way. Make clear what the outcome will be, who will be involved, what you are doing, how you are feeling, the location, what you hear, what you smell, etc. Often, these details are clearer to you than you realized – and defining these will help you achieve your goal.

Tip 9. **Ask for help**. Most people think they have to do everything alone. Do you recognize this? Before you know it, you will be bogged down by a seemingly huge obstacle. Remember: you are talented, but that doesn't mean you have to be able to do everything alone. Keep in mind: it gives others a wonderful feeling if you ask them to use their talent to help you. Discuss what type of help you want and for what period of time.



Tips for Talent ★

Time for talent

Tip 10. Set a deadline. We often battle deadlines, but remember: your talent will thrive on one.

Deadlines generate energy and creativity towards getting something done within a certain time-span. It also creates time for the next project. It is important, however, that you be the one who sets the deadline. Do this for your favorite project (see above).

Tip 11. **Create talent time.** Are you stuck? And is the approaching deadline generating stress? Then set talent time: a specific period of time, during which you can work very concentrated on the issue. Put the starting time, set an alarm for the ending time, so that you can forget about the time and concentrate fully on what you have to do. Put a note on your door: 'Do not disturb'. And, when the alarm goes off, stop.



Tip 12. Give room to **coincidence**. Imagine that time does not exist: no present, no past, just now. And that your life does not stretch out ahead of you, but everything is happening in the here and now. Everything – from birth to death – is now.

This will give coincidence some room. Everything you need in order to achieve your goal, is already there. It is a matter of being alert; opening your eyes to all the small and large events that could contribute to achieving your goal. There is more available to you than you think!
Effortlessly!

Talent + time = 3

Learn about time. Determine what your greatest challenge is when it comes to time. Learn that time is more than the digits on the clock. Learn how you can apply time towards achieving your goals.

Limitation

It is time to stop. No use inundating you with tips. Also for you, it would be pointless to try to do everything written down here – it would be an impossible task. The best thing you can do is choose one tip, and **focus** on it for a month. And once you have done this, you can make a summary – one important lesson – of what it has brought you. After which you can choose a new one for the next month.

Questions? Need help?

Do you have any questions, fun experiences or miserable failures? You are more than welcome to share these with us! Of course we can help you further develop your talent, if that is what you are looking for. Feel free to reach out to us.

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Name your Talent ★

A name for your talent

Haven't you got a name for your talent yet? Then you should find one as quickly as possible. A title for your talent, in a single word. One word (or, at the most; three) that **typifies** you (are you: analytical, able to connect with people, someone who makes others happy, a leader, a motivator?). It could also be a metaphor (a flywheel, a bulldozer, Spiderman, a buoy, a rock, etc.)

There are many ways to go about finding a name for your talent. We will give you one that you can apply straight away.

Sit down, close your eyes and answer the following questions. Don't mull over them; go with the first answer that comes to mind.

- What did I love to do when I was between the ages of (approximately) 5-7 years?
- What is the question you can always ask me? And what will I give you?
- What frustrates me, is hard to witness, and makes we want to act?



While keeping your answers in mind, ask yourself the following question:

What is my talent?

My talent is...

Write down the first word that comes to you.

Check the emergent word, bearing the following in mind:

1) Your talent should not be an education, position or profession. It is not about **WHAT** you do, but **HOW** you do it.

For instance: 'soccer player' is not a talent. This would mean that, once you stop playing soccer, you would no longer have this talent. It is about **how you play** soccer. Are you a winger? Are you a natural leader? Do you spot opportunities? Whatever this quality is; without a doubt, you apply it in other situations. This could be your talent.

2) It should be something you have done this way all your life; that **exemplifies who you are**. This sometimes makes it difficult to recognize, as it is something you feel **comes natural**.

3) It should be only **one thing**. Not a list of qualities and competencies. Is it a **unique word** that says it all? Or that rises above all else?

4) The more specific, the better. For instance; a word such as 'organizer' is quite general. Dig deeper to find **your specific way** of organizing; a way that **distinguishes you** from others.

If you have found your talent's name, write it down, give it a name tag, find a symbol for it, take or find a photograph of yourself in action or some other concrete demonstration of your talent. **Put this in a place where you will always be reminded of it.**

Are you finding this hard to do?

Feel free to contact us and share your questions.