



**liz balmford**  
performance coach

Identifying your skills,  
talents and unique abilities



## What do you do really well?

What do you think about your unique qualities, talents and skills? Coach and author, Jeni Mumford suggests we examine how we view ourselves. Consider which of the following statements best describes your thoughts?

- **You take your strengths for granted:** doing this well is just a minimum standard; to be really excellent I have to be better than everyone else.
- **You always qualify your strengths with a weakness or time when you 'messed up':** I'm really good at getting people involved in meetings but I often run over time as a result.
- **You don't know how good you are:** I can't be doing very well because no one ever gives me any feedback.
- **You get embarrassed about blowing your own trumpet:** I don't want to be one of those bores who is always on an ego trip.

... then, make a list of your accomplishments (e.g. passed driving test, got a part in a show, raised 3 children, navigated around a foreign city, asked someone on a date...)

10 Examples of things I've accomplished	Competencies required to accomplish this

Reflect on which competencies show up most and how often you use them to achieve success.