Your Name | [Course Title] | [Date]

Inner Fire Exploration

Discovering your special gifts



# Find Your Special Gifts

Spend some quiet time in nature and relax. Sit with a notebook and record your thoughts as you contemplate about your special gifts. What are you naturally good at? What comes easily to you? What makes you happy? The answers to these questions give you clues about your special gifts.

My special gifts are:

1,

2.

3.

# Find Ways to Nurture Your Inner Fire & Learning Spirit

Now think of ways to evolve your gift so that you can actively engage in it to serve your community. What do you need to do to master this gift? Do you need formal education? Do you need a mentor or guide? Do you need to work with an elder or spiritual leader or healer to master your gift? Make a list of initial strategies that you can adopt to nurture your inner fire and learning spirit.

My strategies are:

1,

2.

3.

# Contacts and Supports

Now make a list of people in your life and community who can help you to cultivate your special gifts, inner fire and learning spirit.

My support people are:

1,

2.

3