

A-Team Meeting - January 2022 - "Gifts, Strengths, Interests, Passions"

## The Result of Our Collective Brainstorming About Our Gifts

Please note:

1. Some suggestions have been moved to the more appropriate category
2. Some similar items have been grouped together
3. If a word shared has a negative societal association or is ambiguous, it is shown in brackets with a positive alternative listed first

### **Gifts of the Head** - ways you think

- Curious
- Innovative
- Word smithing, writers craft
- Memory, visual memory, memory for dates
- Attention to detail
- Sleuthing skills
- Organization
- Creative
- Patience
- Passion for learning, self-taught, self-directed (autodidact)
- Thirst for knowledge
- Committed to a cause
- Carefree
- Seeing connections
- Analytical mind
- problem solving
- Logic, reasoning
- Language and grammar skills
- Witty, humorous
- Motivated, positive (I can do it)
- Calm in a crisis

### **Gifts of the Hands** - things you can do

- Animal care
- Instruments, playing music
- Dexterity
- Massage
- Knitting, Sewing, Crochet, Rug hooking
- Fine art - Sculpture, painting
- Crafting
- Driving
- Gardening
- Repairing
- Writing, typing
- Video Gaming
- Physical strength
- Programming
- Welding
- Vocal ability, singing

### **Gifts of the Heart** - ways you act/feel

- Love
- Inclusive, Non-judgemental
- Tactful
- Thoughtful, attentive to the needs of others
- Compassionate, empathetic
- Loyalty
- Calm, Peaceful, Laidback
- Amicable, gentle (pacifistic)
- Good listener
- Determined, driven
- Kind
- Forgiving
- Strong sense of justice, Ethical
- Enthusiasm
- Critical thinking (skepticism)
- Emotional regulation (apathy)
- Honesty
- Considerate
- Romantic
- Optimistic
- Bravery, courage
- Helpful (assistance)
- Charisma
- Maturity
- Impartiality (detachment)
- Realism
- Respectful