

# *G.A.S.P. Profile*

Make a list of as many things as you can think of for each category below

❖ *Gifts*....natural talents/abilities you were born with (arts, intelligence, EQ, athletics, etc.)

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❖ *Attributes*....positive personal characteristics others would use to describe you (ex: loving, kind, giving, upbeat, patient, etc.)

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❖ *Skills*....abilities you have worked to cultivate (ex: artistic skill, trades, professional skills, cooking, gardening, etc.)

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❖ *Passions*....things you care deeply about (animals, politics, religion, helping others, art, sports, etc.)

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