

Are you Gifted?

This is a non scientific checklist!

- You might not feel smart but you are a quick learner
- Being "too much" is just who you are
- You love a good debate about the universe
- Complexity is what describes you
- There is just a bit "more" to you
- You can easily put yourself in someone else's shoes
- You don't like being told what and how to do things
- You did not answer the teacher's question, you questioned the question and/or the teacher!
- You think in a non linear way
- You have 1000 ideas and 500 projects simultaneously

So now what?

What are your next few steps?

- Keep an open mind about this topic and unlearn the stereotypes
- Educate yourself and become your personal expert
- Trust yourself and your instincts
- Don't blindly accept other people's assessments of you
- Find a gifted or 2e therapist and/or coach
- No need to rush! You can take your time to learn, reflect and think about your next steps and decisions.
- Share this new found knowledge and create awareness
- Don't let your Imposter Syndrome stop you!