Your Unique Cultural Lens

Questions and a Hint to facilitate your exploration of Layer 4 — Capability:

- Which of your physical and mental attributes are your most noticeable, in your own mind?
- What have you been told by others are your most noticeable?
- Which ones are your particular strengths in this area?
- Which ones make you feel uncomfortable and why?
- Of which ones are you most proud?
- What lessons do these reflections on your abilities/disabilities evoke about who you are?
- In which ways you can use your gifts to the benefit of others and, of course, yourself?

HINT: Include physical (height, weight, strength, handicaps, attractiveness, etc.); mental (such as rational, emotional, spatial and other intelligences, psychological preferences, etc.); other characteristics (such as being even, funny or dramatic, etc.); spiritual (purpose, callings, perceptions, etc.), and any other abilities, disabilities or even trauma that matter to you.

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