

Mine Your GAP

The Clarity Guide

Discover the Gifts You Already Carry

*A simple guide to identifying your gifts, abilities and passion
and turning them into meaningful work and impact.*

G

Gifts

A

Abilities

P

Passion

By Treasure Sabs

Based on the Mine Your GAP Framework

Introduction

Many people spend years feeling uncertain about their direction in life. They carry education, experience, ideas, and interests, yet something still feels unclear. The question lingers quietly, often unspoken: *What am I truly meant to do?*

Here is what years of working with people has made clear: you may already carry the ingredients of meaningful work within you. Your gifts, abilities and passions are often already present. The challenge is not that they are absent. The challenge is that they have not yet been recognised, named, or connected.

That is precisely what this guide is designed to help you do.

This guide introduces a simple but powerful concept called **Mine Your GAP**. GAP is an acronym that stands for:

G
Gifts
Natural strengths that
come easily to you

A
Abilities
Skills built through
experience and effort

P
Passion
What deeply
engages your heart

When these three elements are understood and aligned, they often reveal powerful new possibilities for careers, businesses, creative expression, service, and impact. This short guide will help you begin that discovery. Each section includes a short explanation and a set of reflection questions. Take your time with each one. The answers you find may surprise you.

"You have so much within you to offer your world. Sometimes the next step begins with simply recognising it."

Treasure Sabs

The Mine Your GAP Concept

The Mine Your GAP framework begins with a single, foundational belief: **you may already carry more potential than you realise.**

Many people overlook their own value. The reason is surprisingly simple. What comes naturally to you often feels ordinary precisely because it is natural. You have been doing it so long, so effortlessly, that it no longer looks remarkable to you. But what feels ordinary to you may be genuinely remarkable to someone else. In fact, it often is.

This is the central insight behind the Mine Your GAP framework. The word *mine* is intentional. Mining is the process of going beneath the surface to extract something of value that was already there. The framework does not ask you to become something you are not. It invites you to excavate and recognise what you already carry.

The three areas of the framework work together:

- **Gifts** are your natural strengths or talents. These are the things that come easily to you, often without formal training. They may feel so natural that you have never thought to call them a gift.
- **Abilities** are the skills you have developed over time through education, work experience, hobbies, volunteering, or simply navigating life. They are earned competencies, often hard-won.
- **Passion** refers to the topics, problems, and ideas that genuinely capture your interest and energy. Passion is not always dramatic. Sometimes it shows up as a quiet, consistent curiosity that you keep returning to.

When these three elements intersect, something meaningful tends to emerge. The intersection is where your contribution lives. It is where work feels less like performance and more like expression. It is where careers become callings, and where businesses grow from the inside out.

This guide is not designed to give you all the answers in one sitting. It is designed to start a conversation between you and yourself. Be patient with that process. Clarity is rarely a single moment of revelation. It tends to develop gradually, one honest reflection at a time.

Step 1

Identify Your Gifts

Your gifts are the things you tend to do naturally, often without effort or formal instruction. They are the activities that energise you rather than drain you. Gifts are frequently invisible to their owner for one simple reason: because they come so easily, they do not feel like much. That invisibility is precisely why they need to be named.

Gifts can take many forms. Some people have a gift for communication, the ability to explain complex ideas in ways others can easily understand. Others have a gift for organisation, seeing structure where others see chaos. Some people are natural encouragers, gifted at helping others see their own potential. Others are gifted problem-solvers, creatives, connectors, or listeners. The list is as varied as people themselves.

The reflection questions below will help you begin to surface your gifts. Answer them honestly, without filtering or dismissing what comes up. Write the first things that come to mind.

Reflection Questions

1. *What activities feel natural and almost effortless for you?*
2. *What do people often come to you for help with, even without being asked?*
3. *What strengths have others noticed or commented on in you over the years?*
4. *When you were younger, what did you do just for the joy of doing it?*
5. *What do you do that seems difficult for others but straightforward for you?*

Write your thoughts here:

Step 2

Recognise Your Abilities

Abilities are skills you have built over time. Unlike gifts, which tend to come naturally, abilities are earned. They come from education, professional experience, personal development, hobbies, volunteering, and the daily demands of navigating life. They represent your investment in yourself, even when you did not realise that was what you were doing.

It is worth noting that many people undervalue their abilities for the same reason they undervalue their gifts: familiarity. When you have been doing something for years, it stops feeling impressive. A teacher who has spent two decades helping students understand difficult concepts may not see that as a rare skill. A project manager who keeps complex initiatives on track may not recognise the sophistication of what they do. But these are real, valuable, transferable abilities.

Abilities can span many domains. They include technical skills, interpersonal skills, creative skills, strategic skills, and practical capabilities built from lived experience. Do not limit your thinking to formal credentials or job titles. Life itself is a curriculum.

Reflection Questions

1. *What skills have you developed through your work or career?*
2. *What problems do you know how to solve that others find challenging?*
3. *What have you learned through your hobbies, volunteering, or personal experiences?*
4. *What would your colleagues, clients, or friends say you are reliably good at?*
5. *What have you had to figure out on your own that others now ask you to teach?*

Write your thoughts here:

Step 3

Notice Your Passion

Passion is the third pillar, and perhaps the most misunderstood. When people hear the word passion, they often imagine something dramatic, an all-consuming fire, an obvious calling. But passion does not always announce itself loudly. More often, it shows up as a quiet, persistent pull. It is the topic you keep reading about. The problem you keep thinking about. The conversation that energises you long after it has ended.

Passion is not separate from practical work. It is, in fact, a significant driver of sustained effort, creativity, and resilience. When your work connects to something you genuinely care about, it becomes easier to persist through difficulty, to keep learning, and to bring your full attention to what you do.

It is also worth saying this: passion can be developed, not just discovered. You may find that as you invest more deeply in an area, your interest deepens alongside your competence. The two are often interdependent. So as you reflect on the questions below, allow yourself to think broadly. What captures your curiosity? What would you explore even if no one was watching or paying?

Reflection Questions

1. *What topics do you find yourself reading, watching, or talking about most often?*
2. *What kinds of problems do you feel drawn to help solve in the world?*
3. *What kind of impact would you most like to have on others?*
4. *When do you feel most alive and engaged in your work or activities?*
5. *If you had unlimited time and resources, what would you spend your energy building or doing?*

Write your thoughts here:

Bringing It Together

You have now reflected on your gifts, your abilities, and your passion. The next step is to look at where they intersect. This intersection is where the most meaningful work tends to live. It is rarely a perfect three-way overlap that appears all at once. More often, it emerges gradually as you pay closer attention and take small, intentional steps.

Consider what you have written. Are there any themes running across all three areas? Are there places where your gifts and abilities reinforce each other? Are there areas of passion that connect to skills you have already built? Even partial overlaps are worth exploring. They are often the start of something significant.

For different people, this intersection leads to different outcomes. Some discover a new direction for their career, one that is more aligned with who they actually are. Others find the clarity they need to start a business rooted in something they genuinely know and care about. Some find it leads to creative work, writing, designing, building, or teaching in ways that feel purposeful rather than performative. Others find it in mentoring, community leadership, or service.

There is no single correct outcome. What matters is that the direction you take is authentically yours, built from the material of your actual life rather than borrowed from someone else's blueprint.

A Final Reflection

Looking at everything you have written, what themes or connections stand out to you?

If you were to describe the kind of work or contribution that would feel most meaningful to you, what would it look like?

Clarity rarely arrives all at once. It develops as you reflect on what you already carry, name it honestly, and begin to move in its direction. The Mine Your GAP framework is not a destination. It is a starting point.

Your Next Step

If this guide has sparked something in you,
that is worth paying attention to.

Clarity is rarely a single moment.
It tends to grow from small, honest steps,
taken in the direction of what you already carry.

The Mine Your GAP framework goes deeper.
There are books, resources, and tools
available to help you continue the journey.

Visit: www.treasuresabs.com

Explore the full Mine Your GAP framework, resources,
and books by Treasure Sabs.

"You have so much within you to offer your world."

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