

## Encouragement for Working in your Zone of Genius

Author and personal growth guru, Gay Hendricks, coined “Zone of Genius”, and in her book *The Big Leap*, Gay explains there are four zones we all operate from. Let’s look at this from the perspective of “ikigai” (your reason for being), a Japanese concept usually used to indicate the source of value in one's life or the things that make one's life worthwhile

### Zone-1: Incompetence

1. What do you persist in doing that you aren’t good at doing, don’t like to do, and don’t want to do?

**Self-examination:** Examine why you are suffering & wasting time on things that are better delegated or paid for.

### Zone-2: Competence

1. What do you persist in doing that you may be good at doing but that you don’t really enjoy?

2. Can others do these things as well or better and perhaps enjoy them?

**Self-examination:** Examine why you are wasting time on things that you’re good at but don’t really love and how you can let go of these things so you can devote your time on things you really love.

### Zone-3: Excellence

1. What do you persist in doing that you are good at doing, enjoy some of the time, but ultimately leaves you unfulfilled and lacking?

**Self-examination:** Examine why you are remaining where you do well and are reliable but playing it safe? What’s the cost to you?

### Zone-4: Genius

1. What do I most love to do? (I love so much I can do it for long stretches of time without getting tired or bored.)

2. What work do I do that doesn't seem like work? (I can do it all day long without ever feeling tired or bored.)

3. In my work, what produces the highest ratio of abundance and satisfaction to amount of time spent? (Even if I do only ten seconds or a few minutes of it, an idea or a deeper connection may spring forth that leads to huge value. Whatever it is, find it and I want you to put the highest priority on doing some of it every day.)

4. What is my unique ability? (There’s a special skill I’m gifted with. This unique ability, fully realized and put to work can provide enormous benefits to me and any organization I serve.)



*What’s the Opportunity cost for Zones 1-3? Are you squandering your true talents/your genius? A “deep/sacred part of you will wither and die if you stay here”.*

### Discussion Questions:

1. Think about a time in your life when you were in your “zone of Genius” when you loved what you were doing, were good at it, and it didn’t feel like work. What were you doing?
2. What steps can you take to move into your zone of genius?
  - a. Are there patterns you can identify that are keeping you where you are?
  - b. What are your underlying fears? What steps can you take to gain more awareness in these areas?
  - c. What are you not taking ownership of?
3. Explore your unique ability... you’ll be close to it when you feel an inner glow of wonder and excitement. ☺
  - a. What is it? Consider the statement: “I’m at my best when I’m \_\_\_\_\_.”
  - b. When you’re utilizing your unique ability, what is it that you’re doing when you’re at your very best? “When I’m at my best, the exact thing I’m doing is \_\_\_\_\_.”
  - c. What gives you the ability to know when/how to do that? “When I’m doing that, the thing I love most about it is \_\_\_\_\_.”
  - d. Side question: Have you possessed this unique ability since childhood?
4. Can you clearly express your life purpose / life mission statement / sense of your genius? What is it?
5. What are your top five “signature strengths” (your “sweet spot” or ikigai)?
6. What are your top 3-5 core values?