

ACT NOW: WHAT IS YOUR GENIUS?

Take a look at your calendar from the past two weeks - assuming they are somewhat typical, and reflect on each thing you did and assign it to one of the zone's below. To help determine how you should categorize your tasks, ask yourself how you were feeling when you did it. Did you lose track of time? How were the results? Did you experience joy?

GENIUS	EXCELLENCE
COMPETENCE	INCOMPETENCE

List your top three genius tasks or ways of being while you were doing those genius tasks here:

- 1.
- 2.
- 3.

How can you free yourself up to do more of these three things? Is there anything you can let go of that is not in your genius? Are there any agreements you want to change?