

5 Steps to Living in Your Genius

Navigate the journey into your Zone of Genius with these 5 steps. This process is one that takes time and focus. Go slow, but don't stop. Daily small changes, even if they are not dramatic, make a huge difference and keep you on the right track to get exactly where you want to go.

1. Know Your Genius

In order to live in your genius, you have to know your genius. There are many ways to determine your genius. Listen to [Episode 4](#) of Allowed "How to Succeed without Suffering" to be guided through a process to help you identify your Zone of Genius.

2. Calendar and Work Review

Take a moment and look at your actual life, your calendar, and figure out how much time you are spending in your Zone of Genius. Discovering how you are spending your time is a powerful tool to establish what events and tasks in your life are supporting time in your genius. Find the activities in your genius and analyze what percentage of your day is spent doing those activities. Make a list of all of your responsibilities and establish which of those fall into Zone of Genius, Excellence, etc. What are you responsible for? What gives you life within those responsibilities?

3. Daily Energy Audit

The daily energy audit adds a layer of awareness on top of all the activities you are already doing. Listen to [Episode 8](#) to be guided through the energy audit. Use this energy audit for one day to look at activities where your energy went up, down or stayed the same. At the end of the day look at the activities where your energy went down and make a conscious decision on how you could actually change how you are doing that activity that might raise your energy level instead of lowering it. This could be as simple as taking a few more breaks or having music playing in the background. You could delegate the project. You could decide not to do it or you could do it differently. You can also set small goals and give yourself rewards. There are many possibilities here.

4. Broadcast and Stand in Your Genius

Share your Zone of Genius with others. Share your journey and your gifts. Sharing with others helps you to stand in your Genius and stay there. Finding groups and others to support you on your journey is tremendously beneficial.

5. Say “No”

What are you doing that only parts of you wants to do and another part says “No?” What are you doing that isn’t giving you a full-body “Yes?” Fight through the fear and scarcity mindset and remind yourself that you are allowed to say “No.” Use these moments as an opportunity to identify those self-limiting beliefs that are holding you back. It is okay to have these beliefs and it is okay to allow these beliefs to come along with you as you go on the journey of moving your life more into your Zone of Genius. Don’t let these mindsets stop you from taking those baby steps that you are comfortable making and getting more and more courageous about living in your Zone of Genius.