

Worksheet: Discover your Restorative Zone of Genius

Most great leaders understand that it's key to be balanced, calm, and focused in order to make an impact. However, many leaders struggle to identify enjoyable and engaging ways to rest and reset after periods of intense effort. Enter your Restorative Zone of Genius! Regularly recovering here makes leadership sustainable and life-giving.

What is it?

Your Restorative Zone of Genius is a place where you renew, revitalize and re-create yourself in a way that only you can.... it adds fuel to your tank, and it's an essential key to a balanced, fulfilling, meaningful life. Unlike your more outward-facing Zone of Genius, your Restorative Zone of Genius is usually a more personal, private, and inward-facing experience.

By restoring in our own unique genius way, you heal, re-energize and rejuvenate your entire being.

Why it's worth your time

Finding a rhythm of effort and rest, sprint and recovery, is **essential** to being a Conscious Leader. Each of us has our own genius ways of restoring, but we can sometimes ignore restoration in favor of more public-facing activities. Then, even if we are living primarily in our Zone of Genius, we begin to feel less alive and more easily drained, stressed, or reactive.

Follow these steps to find your Restorative Zone of Genius and take action on creating space to restore like a rockstar!

1. **Find some of your *Zone of Genius* activities.**

When do you experience ease and flow and even lose track of time? These activities have always come quite naturally to you. You're drawn to them and relish them - they're not a "should". There may be external rewards, but you would love them so much you would do them just for the sake of doing them. They may be a way you add value to yourself, others, or to the world, or they may not. **This is a small peek into your Zone of Genius.**¹

2. **Zoom into your Restorative Zone of Genius.**

What activities re-energize you easily and reliably? From your list above, which activities help you regain your sense of balance, wellness, energy, and perspective?

Now expand the list. Recall other times when you found yourself re-energized or rebalanced after doing something enjoyable. What were you doing, where were you, who were you with? Some ideas: reading in the bath, singing in the shower, cooking with good friends, hiking in nature, meditating, praying, snuggling with pets, napping in the sun... **This is a small peek into your Restorative Zone of Genius.**

¹ For more on finding your Zone of Genius, listen to Allowed [Episode 4](#) and [Episode 8](#). Or join [Caneel's Zone of Genius course](#).

3. What is the impact?

What do you notice during and after engaging in your Restorative Zone of Genius activities in yourself, your relationships, your effectiveness? Recall some times when you have engaged in some of these activities - try to envision and feel it. Then notice:

What's the impact on **yourself**? What body sensations, emotions, thoughts, and state of mind do you notice?

What's the impact on your **relationships**? How are you with others? What's the effect on your presence, patience, openness, and your joy in interacting?

How do you show up in the **world**? How do these activities impact your work? Are you more productive? Focused? At ease?

4. What's it like being you now?

Rate your experience of being you over the last day, month, year, etc. (Or since starting a new project, habit, relationship, etc.)

1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10

Burnt out, uninspired, stressed, anxious, tired, or frustrated

Balanced, at ease, in flow, inspired joyful, fulfilled, or present

5. Take the next steps to change your life.

Circle one or two activities you listed in step 2 above. How can you incorporate those activities into your daily life more often so that you reach a 10 in feeling restored, revitalized and in flow? Write some ideas and create goals for yourself. You are helping yourself, your relationships, and the world when you allow yourself the time and space to restore.

*Great job!
In partnership, Caneel*

