



Your “Zone of Genius” Worksheet

Congratulations and Welcome to finding your Zone of Genius!

I am so excited for our journey together on helping you find your ideal calling in life that feels effortless with consistent income, more freedom in your career and lots of fun and fulfillment!

This Worksheet is designed to help you get clear on your *inner genius!* Many of us have these amazing qualities that are buried inside of us and we may even need some outside assistance to define what that is exactly.

Regardless of requesting any outside support, I want you to start this journey with an open mind and let your heart and soul be in flow. This is not the time to get stuck in your head so much that you over think this process.

Remember that there are no right or wrong answers.

This type of self-exploration exercise is designed to get you aligned to your purpose in life. That is where the fun flow happens! You have more fun with your career and you make more money than you ever dreamed possible!

Before we get started on the **4 key areas** that will define your career of choice, be sure to watch each video prior to completing the worksheet. I want to be sure that you're using all your brainstorming power with my helpful tips!

Now let's have some FUN!

Karie Millspaugh

Key Area #1

1. Your Favorite Skill Sets That Come Effortlessly For You

The first key make a list of the skill sets that come effortlessly and naturally for you. Just start writing, not over thinking...

The goal here is to **combine all 4 key areas so that they create that sweet spot, otherwise known as your zone of Genius!**

More than likely you won't see the whole picture until you're done.

This is why it's crucial to just complete one key area at a time. Very much like a puzzle, we are working on one piece at a time until it creates the perfect Big overall Picture for your life.

Key area #1: Exercise

1. List Out All Of Your Skill Sets
2. Circle the Top 3 That Interest You The MOST
3. Write Out All the Ideas You Have that You Can Talk About on Each of the Top 3 That Interest You

Key Area #2

2. What are your Passions That LIGHT YOU UP?

The second key area is to brainstorm what all of your passions are that LIGHT You UP!

No over thinking... just write it all out:

- > What are the topics that you talk about the most?
- > What would you do for FREE?
- > Do you volunteer your time often in these key areas?

Key Area #2: Exercise

1. List Out All Of Your Passions. Every single one! I know that may seem tedious but the act of putting pen to paper and listing out everything you're passionate about will help you tremendously in this exercise.

This exercise will give you permission to bring everything that you're passionate about to light. Some passions you will see that are perfect for a career choice or a new business and some may just be hobbies. This will help you gain that clarity now.

2. Circle the Top 3 That Interest You The MOST

3. Action Step: Circle Where Your PASSION and SKILL SETS Intersect = Your HOT ZONES "Zones of Genius".

Are you seeing some commonality here between your skills and passions?

Key Area #3

3. Pain In The Market Place - What do people NEED?

The third key area is finding where there is pain in the market place, that relates to your OVERLAP of Your HOT Zones with key areas 1 and 2.

The reason this is important is that you're aligning with what you're passionate about and have skill sets around. Everything you love to do should fit nicely together like a perfect puzzle. The next piece is now seeing where those HOT ZONES can be monetized. **Do this here in the exercise:**

Key Area #3: Exercise

1. Based on your HOT ZONES from Key area 1 & 2, it's now time to research your competition.
2. Find 5 Experts or business models that align with your passion and skill set.
3. Write Out The Hot Buttons and Trigger Words that you see on their website, programs, blog posts, and comments in their blog posts. You will use these key words to market yourself.
4. **ACTION STEP: Identify the biggest pain point that you see in the market place that aligns with your skills and passion.**

Key Area #4

4. What People WILL PAY FOR

The fourth key area is finding where people will actually pay to have their pain solved. Your ideal clients or customers are looking for transformation and solutions. Once you align the first 3 areas, the 4th becomes very easy. It all boils down to how you will present or deliver your solutions to your ideal audience.

Do this here in the exercise:

Key Area #4: Exercise

1. Decide on what the biggest pain point was that you discovered in area 3 that you WANT and are excited to help people solve.
2. Identify what people are already paying for in this "Hot Zone". Look at your competitions programs and how they are delivering and solving your prospects problems.
3. ACTION STEP: **Lastly, my FAVORITE section is to look at where all of the 4 KEY AREAS INTERSECT.**

** Note: You are going to have questions when you're doing this exercise. What I would like you to do is just follow through the exercise as best as possible and don't judge. Just keep moving forward.

The Last Section is to Print the Last page of the TEMPLATE and fill in each ZONE with your **#1 answer** for each section to identify your ZONE OF GENIUS!

See the sweet spot in the middle of the chart!

ZONE of GENIUS Diagram

