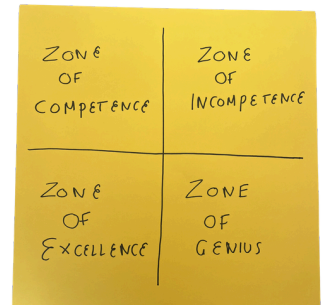


How to spend more time in your zone of genius

Gay Hendricks' Zone of Genius is about identifying the work you're uniquely good at, which gives you energy and creates the most value.

Grab some paper (or some Post-it notes) to reflect on where you're currently spending most of your time at work, and how to get closer to your zone of genius.



Write down any work you do in each of the zones

The zone of competence

Work you can do and enjoy, but recognise that there are people who can do it better than you.

The zone of incompetence

Work you spend time on that you know you're not very good at, and you don't enjoy.

The zone of excellence

Work you're good at, that people come to you for (but not necessarily what you want to be known for).

The zone of genius

Work that's uniquely you. You're great at it, you enjoy it, it adds value, and it's what you want to be known for.

Look back at your diary and to do list

For each meeting, conversation, project or task from the past month, decide which zone it belongs in for you and add a tick.

Turn into data for your development

Count all the ticks and analyse what percentage of time you're spending in each of your four zones (or take a photo and ask AI to do it for you).

Where are you spending most of your time?



What could you do to move closer to your zone of genius?

