

# The Big Leap

*When things are going perfectly fine and something happens or we do something that upsets that balance.*

*Low tolerance to growth, pleasure, love, success, we feel the need to readjust back to where we were*

*Zone of Genius - focusing 75% in what is our most unique gift*

## Beliefs and fears that create upper limiting

*Circle two beliefs that you resonate the most*

- I am flawed in someway
- I will be disloyal and I will lose friends, I'm disloyal to my family and other people to my tribe
- I'm a burden to others and growing will make me a bigger burden
- Outshining others is a negative thing. Bad things will happen if I do

## Upper Limiting

1. How do I upper limit? How do I get in my own way? Which one do you limit the most?
  - Love:
  - Wealth & Finances:
  - Health:
  - Spirituality:
  - Family & Friends:
  - Personal Growth:
  - Fun:
  - Work:
2. What do I do?
3. How do I do that?
4. When do I do that?



Inside Treasures

## Uncovering beliefs and narratives

*We all have stories playing up in our subconscious. What are yours?*

1. I cannot expand to my full potential because...
2. I cannot enjoy love and harmony because...
3. I cannot expand to my full wealth because...
4. I must not expand to my full success because...
5. I must not expand to my full success because...
6. I will outshine X and this is bad because...

## Flip Beliefs

*What happens when you feel flawed. How do you create that?*

1. What behaviours make you feel flawed?
2. When I do \_\_\_\_\_ I feel flawed and not good enough.
3. When I progress, I am honouring my friends and family because \_\_\_\_\_
4. I am not a burden to anybody because \_\_\_\_\_
5. Instead I choose to believe that \_\_\_\_\_
6. Growing will only \_\_\_\_\_
7. Shinning strong will only \_\_\_\_\_
8. I feel guilty when \_\_\_\_\_
9. What am I assuming about that, so that it makes me feel guilt?
10. How can I change the meaning of this?
11. What are the Actions that will validate this new belief

I allow myself to expand in love ,success and abundance as I inspire others to do the same.



Inside Treasures

## **Alignment and Integrity**

1. Where do I feel out of integrity with myself?
2. What is keeping me from being complete?
3. What important feeling am I not allowing into my awareness?
4. Where in my life am I not telling the whole truth?
5. Where in my life have I not keep my promises?
6. In my relationship with... (person) What do I need to say or do to feel complete and whole?

# Discovering your zone of genius

*What is effortless, easy, makes time to flow for you. What would those you know say that is amazing about what you do?*

## Brag about yourself

*Put any modesty aside, forget being humble and timid. Own your power and who you truly are.*

1. What are you amazing at?
2. What is my genius? Your super power?
3. What have you achieved that has made others or you say wow!
4. How do you shine? When you do that. What's happens?
5. What is something that you can keep doing and it doesn't make you feel tired and instead it energises you?
6. How can I bring forth my genius to help others and myself at the same time?
7. What do I love to do? That allows me to flow and it's not tiring
8. What do I love doing most at my work/business?
9. What work do I do that doesn't feel like work? I don't feel tired or bored and it makes me happy!
10. This is why I do what I do...

12. In my work what produces the highest ratio of abundance and satisfaction to the amount of time spend? What's the 80/20 - 10 seconds or a few minutes could produce a lot

13. Who am I as a unique gifted person?

14. What is my unique ability? Something that perhaps was prominent early in my childhood. gifted skill that can benefit me another's contribute to others, unique in your circle

15. I am at my best when I am...

16. When I'm at my best the exact thing that I do is...

17. When I do that the thing that I love the most about it is...

# Take aways

*What have you taken away from this exercise. What and how are you going to apply what you learned about yourself.*

My **Zone of Genius** is in:

- 1.
- 2.
- 3.

What is the **dark side** of these gifts?

- 1.
- 2.
- 3.

## Action Plan

1. To spend more time in my zone of genius I need to \_\_\_\_\_
2. The belief that creates an upper limit for me is: \_\_\_\_\_
3. Instead I choose to believe \_\_\_\_\_
4. A way to prove this new belief is by (action/mindset)  
\_\_\_\_\_
5. The area, I upper limit the most is: \_\_\_\_\_
6. The way that I limit \_\_\_\_\_ is by \_\_\_\_\_
7. To bring myself back into alignment I need to \_\_\_\_\_
8. I need to stop \_\_\_\_\_
9. My personal takeaways from this exercise are:
  - i.
  - ii.
  - iii.
10. The actions that I need to take to implement those insights are:
  - i.
  - ii.
  - iii.