

#7 Core Zone of Genius

STEP 1: Make a list of at least 20 things you're interested in

What activities did you enjoy as a kid or a teenager?

What is it you can/could endlessly talk about? Read about? Think about?

What is that thing(s) you'd be able to spend your days doing if money was not an issue for you?

When you come to a bookstore - which section are you drawn to first?

What are your favourite TV programmes?

What projects would you take on if you knew you couldn't fail?

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STEP 2: Make a list of 'flow'

A state of flow is a state where you completely lose the track of time and become completely absorbed by what you are doing. Try to remember a few times when you were in this state and be as specific as possible:

What were you doing?

Where were you?

Who were you with?

What, in general, do you find it hard to stop doing?



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STEP 3: Look for intersections

Spend some time investigating both of the above lists and look for recurring and repeating patterns and themes: What keeps showing up over and over again when you were your happiest and found yourself in the state of flow?

Is there a recurring activity?

Is there a particular group of people that helps you get into the state of flow?

Are there activities involving making things? Helping people? Physical expression, like sports?

