

The Genius Filter



From your activity inventory, categorise your activities into each of the four spheres.

Incompetence:

You're not good at it, don't enjoy it, find it frustrating and do a poor job of it.

Competence:

You don't enjoy it, you're not very good at it, but you've trained yourself to be adequate at it.

Excellence:

You're really good at it to the point that other people notice, you get good results, but you don't love it. It's a learnt skill, it's not part of you. If you could choose between doing this and something else, you'd drop it in a heartbeat.

Genius:

Four things that comprise genius:

1. It's a natural talent - you've been doing it since you were kid and it's effortless.
2. You get great results with it.
3. You get better and better at it.
4. It brings you an incredible amount of joy.

Step 1:

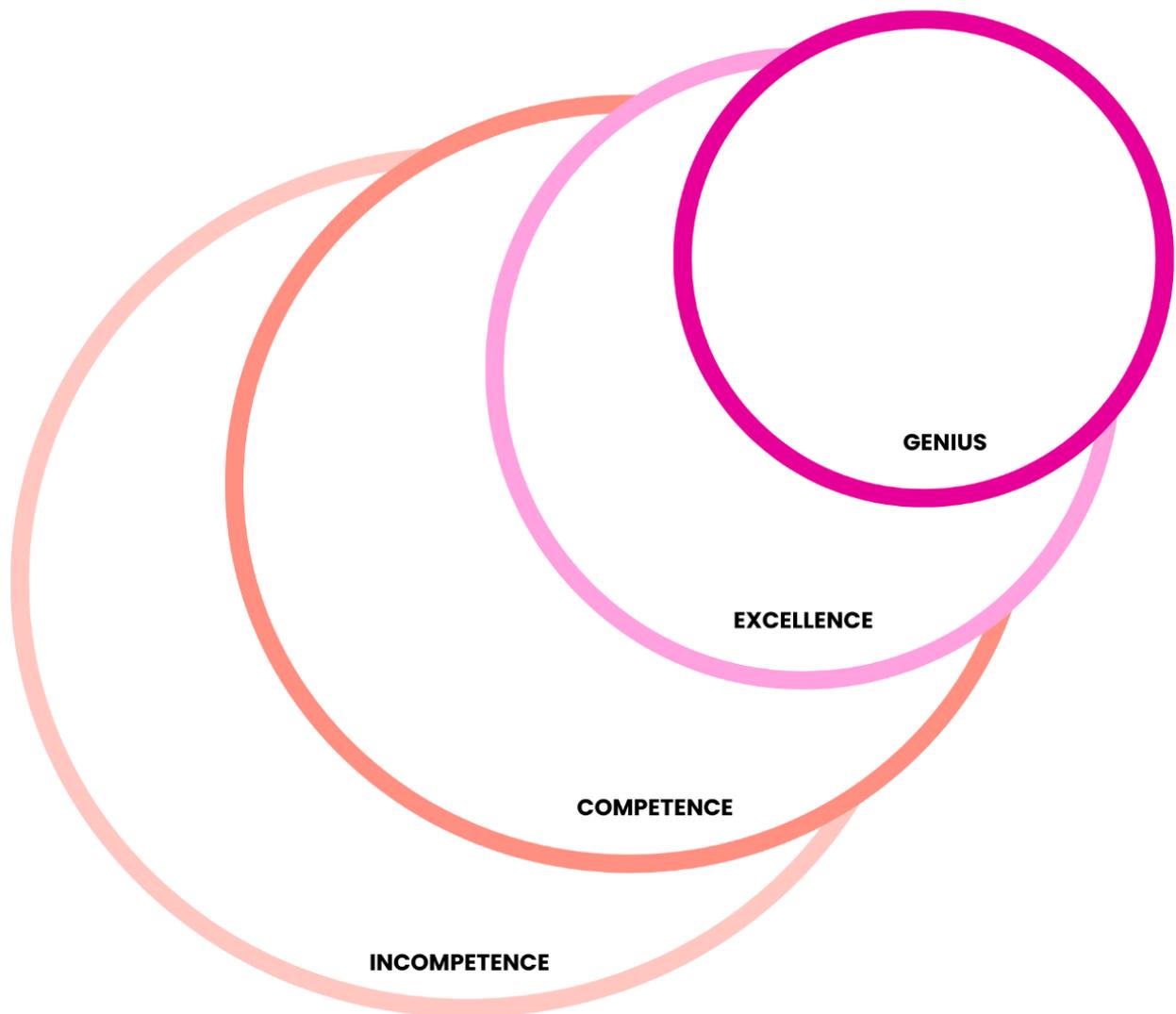
Refer to your activity inventory and label each task as either incompetent, competent, excellent or genius by marketing with an I, C, E or G.

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Step 2:

Add each task to the genius model below.



Step 3:

Assess your current level of genius.