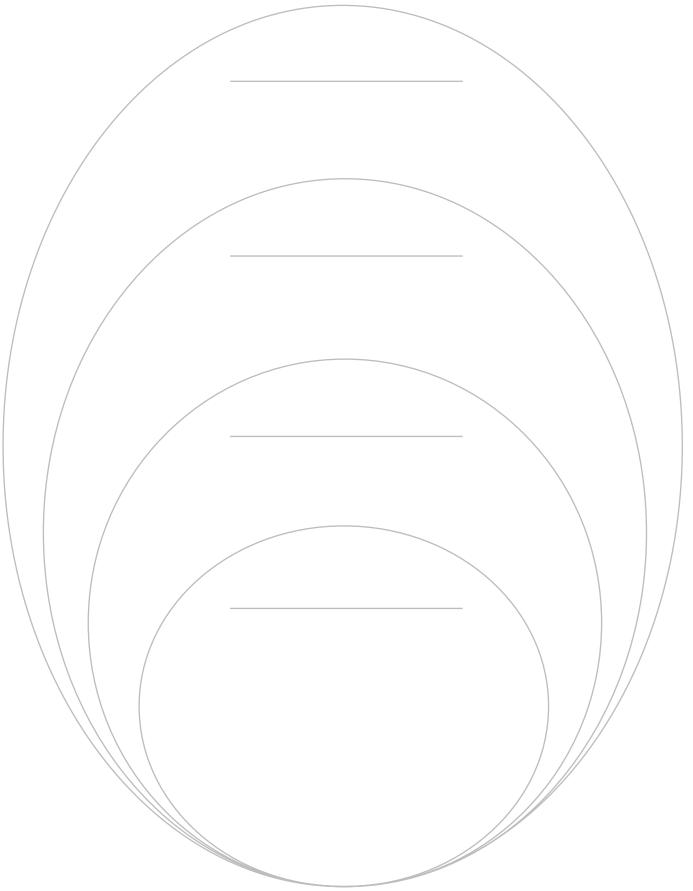


'ARE YOU OPERATING FROM GENIUS?'

Which are the key activities you do in each of the 4 spheres?





'TO DON'T LIST'

Write a list of all the things that you want to eliminate from your world	



'DE-BRIEF & ACTION PLAN'

At the end of every activity you need a de-brief. What happened? What does it mean? And what could you do about it?

HOW MUCH TIME DO YOU SPEND IN YOUR GENIUS VS OTHER AREAS?
What did you learn or notice from the Genius worksheet?
WHAT EFFECT IS THAT HAVING ON YOUR MONEY, TIME & ENERGY CURRENCIES?
What's it costing you? Is that ok?
HOW DO YOU WANT IT TO BE DIFFERENT IN 42 MONTHS?
HOW DO YOU WANT IT TO BE DIFFERENT IN 12 MONTHS?
How do you want your time split from now on?



COACHING SESSION TITLE:	DATE:



ACTION STEPS
Project 1:
'Quick'n' Dirty' action (5 mins)
48hr Rule:
30-60 minutes per day
Project 2: 'Quick'n' Dirty' action (5 mins)
Quick in Dirty action (5 mins)
48hr Rule:
30-60 minutes per day
I
Project 3:
'Quick'n' Dirty' action (5 mins)
I
48hr Rule:
30-60 minutes per day
I
I
I
<u>BACKBURNERS</u>
I