

# The Big Leap Goals Sheet

In *The Big Leap*, *New York Times* bestselling author Gay Hendricks reveals a simple yet **comprehensive program** for overcoming our one barrier to happiness and fulfilment, providing a clear path for achieving our true potential and attaining not only financial success but also success in love and life.

Some of the key ideas in the book include:

- People often resist happiness for fear of having what they want.
- Many believe that they only deserve limited happiness, and they'll sabotage themselves when times are 'too' good.
- You can improve your life by letting go of useless worries.
- Success lies in the Zone of Genius, so find out what you love to do.
- Feeling good is a conscious decision that we can control.
- There are often self-imposed (but illogical) upper limits that we put on our own success.



This worksheet helps you identify where in life and business you might be limiting yourself and what to do about it.

I can't wait to see you take your BIG LEAP.

**Suzi**

# Leaping Into Your Zone of Genius

## The Zones of Incompetence, Competence, Excellence and Genius

### The Zone of Incompetence

This zone is made up of all the activities we're not good at. Others can do these things a whole lot better than us.

**What are you doing now that is in your Zone of Incompetence?**

### The Zone of Competence

We can often spend way too much time in this zone because it comes easy to us. These are things we can do well. But, they are things that OTHERS can also do well.

**What are you doing now that is keeping you in your Zone of Competence?**



## The Zone of Excellence

These are the things that you do EXTREMELY well. You can make a good living operating in your Zone of Excellence. Operating in this zone can be a trap because it stops us from reaching into our Zone of Genius.

**What are you doing now that is keeping you in a Zone of Excellence?**

## The Zone of Genius

Your Zone of Genius is your ultimate path to success and life satisfaction. Your Zone of Genius is the set of activities you are uniquely suited to do. They draw on your special gifts and strengths. Your Zone of Genius beacons you with increasingly strong calls as you go through your life.

**My Zone Of Genius Is/Could Be...**



# Are you ready to make the leap to a new Zone?

Answer these three questions.

**1. Am I willing to increase the amount of time every day that I feel good inside?**

*This means having an inner sense of wellbeing that is not dependent on outside factors such as deadlines, what others are doing or what you need to do.*

**2. Am I willing to increase the amount of time that my whole life goes well?**

*This includes work, relationships, creative pursuits and any other aspects that are central to your life.*

**3. Am I willing to take the leap to my ultimate level of success in love, money, wellness, happiness and creative contribution?**

*This includes work, relationships, creative pursuits and any other aspects that are central to your life.*

Great. Now let's look at what might be holding you back from making this big leap.



## The Upper Limit Problem

The obstacle to our ultimate success in wealth, work and love.

Do you have limited tolerance for feeling good, being loved, having creative expression? What about having a sense of happiness or wellbeing... All. The. Time?

A clue that you are experiencing an Upper Limit Problem is that you will manufacture reasons and thoughts and situations to make you feel bad or have you descend from a point of ascension in any area of your life. You stop yourself from your positive forward trajectory.

The more successful we become the more we need to manage our Upper Limit Problem.

Let's explore the Upper Limit Problem in relation to your **money, love, happiness and wellbeing**.

### Money and Business

How much money and business success am I willing to have?

How am I holding myself back?



## Love and Relationships

How many loving relationships am I willing to allow into my life?

How am I holding myself back?

## Happiness and Wellbeing

How much happiness and wellbeing am I willing to have in my life?

How am I holding myself back?

Reasons we hit the upper limit include feeling fundamentally flawed, disloyalty and abandonment, believing more success brings a bigger burden and the crime of outshining.

These are deep ideas that are explored in *The BIG Leap* by Gay Hendricks.