

Life. Fun. Purpose.

With Purpose Coach Fawn Miller

Group Call #39

How To
Stretch Toward Your
'Zone of Genius'

While

Feeling Vulnerable
and/or Worried

INTRODUCTIONS

(Group Round Robin)

Fawn will lead intros

1. Name
2. Location
3. Gratitude
4. Feeling
5. What inspired you to join this call?
6. What would you like to get out of this call?

GROUP SHARE

(Round Robin)

1. Please share something you strongly desire (to BE, DO, or HAVE), but feel *uncertainty, risk, and/or emotional exposure* to the extent that you feel held back?
 - Examples:
 - Relationships
 - Workplace
 - Making a change
 - Pursuing your “Hell YES!” Life
 - Money
 - Creative endeavors
 - Passion or hobby
2. What is it that you desire about this?
3. Which of your Core Values does this desire strongly align with?

WHAT IS YOUR 'ZONE OF GENIUS'?

- A way of being, mindset, and level that we operate at + from when we are the most *thriving* versions of ourselves (my definition). I'm using this term interchangeably with the concepts of "Best Self" and "Hell YES!" Self + Life.
- The active choice to align with your:
 - Core Values
 - Self-Accountability and Agency
 - Unique 'Secret Powers'
 - JOY
 - Desire
 - Calling and impact in the world
 - "Allies"
 - Abundance
 - "Hell YES" Identity
- The active choice to move through and let go of:
 - Scarcity
 - Ego
 - Fear
 - Comfort
 - Gremlins
 - Doubt
 - Shame Tapes
 - "Shoulds"
 - Self-Sabotage
- From ["The Big Leap: Conquer Your Hidden Fear and Take Your Life to the Next Level"](#) by Gay Hendricks (who coined this term and philosophy):

"The Zone of Genius is Your Unique Power. It is a one-of-a-kind quality that you bring to your life and to your work and lets you do certain things almost better than anyone else."

- Zones: Zone of Incompetence, Zone of Competence, Zone of Excellence, **Zone of Genius**

IDENTIFYING THE VULNERABILITY/FEAR

(Round Robin, choose ONE to ask)

- What am I *telling* myself I'm afraid of?
What are you telling yourself you're afraid of?
- What is it that I'm telling myself I "don't want" or "can't handle" ...
What is it that you're telling yourself you "don't want" or "can't handle" ...
- What's on the other side of what I'm resisting?
What's on the other side of what you're resisting?
- What am I *actually* afraid of (dig deep)? Why?
What are you actually afraid of (dig deep)? Why?
- What are the consequences if I let fear keep me from moving toward what I desire?
What are the consequences if you let fear keep you from moving toward what you desire?
- What will I be missing out on in my own personal growth and legacy if I let fear keep me from moving forward?
What will you be missing out on in your personal growth and legacy if you let fear keep you from moving forward?

VULNERABILITY IS THE WAY

- Vulnerability is the door through which we go from *FEAR* to *FREEDOM*
- Vulnerability is LIFE asking you if you are “ALL IN”

What is this thing called Vulnerability?

In the book *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead* by Dr Brené Brown, **vulnerability** is defined as “uncertainty, risk and emotional exposure.” Brené says that “vulnerability is the birthplace of love, belonging, joy, courage, empathy and creativity. It is the source of hope, empathy, **accountability** and authenticity. If we want greater clarity in our purpose or deeper or meaningful spiritual lives, vulnerability is the path.” It is also indicated that “Vulnerability is the core of all emotions and feelings” (p.33).

WORKING WITH VULNERABILITY

(Round Robin, choose ONE to ask)

- How is fear holding you back from being vulnerable?
Give 1 example of a situation in which you will commit to embracing and accepting vulnerability (uncertainty, risk, or emotional exposure) instead of avoiding it or letting it stop you?
- What are 2 of your TOP Core Values that are more important to you than FEAR?
- What’s worth doing even if you “fail”?

RESOURCES:

- *“Daring Greatly: How the courage to be vulnerable transforms the way we live, love, parent, and lead”* by Brene Brown
- *“The Gifts of Imperfection: Let go of who you think you’re supposed to be and embrace who you are”* by Brene Brown
- www.self-compassion.org
- Module 3: *“Relationship with Self: Self-IDENTITY”*
- Module 4: *“Relationship with Self: Self-LOVE”*
 - Including the “Self Love Toolbox”
- Module 5: *“Relationship with Self: Self-AGENCY”*

NOTES