



SKILL 3

**REALIZE
YOUR
GENIUS**

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STAGE I: PACKAGE

MODULE A: PREPARATION

SKILL 3: REALIZE YOUR GENIUS

First, you need to **LOCATE YOUR GENIUS** and **DEVELOP YOUR GENIUS**. Then, you'll be ready to **MARKET YOUR GENIUS**.

THE WORD GENIUS

The word genius comes from the Latin word *gignere*, which means “to be born.” The word genius literally means “a guardian or attending spirit that is allotted at birth.” This word - and this idea - have been around for over 600 years, since the late 1300s.

What happened? Why don't all of us recognize that we are geniuses, born with an “attending spirit”? In the early 1900s, Alfred Binet designed the first IQ test. The IQ test re-defined genius. A genius now means a person with an IQ of 140 or greater. Only 1% of the population has an IQ of 140 or more.

This means that the remaining 99% of the population are now considered “average” or “below average”. The word “average” literally means *damaged merchandise*. Centuries ago, damaged merchandise was averaged into a cargo ship's expenses, to offset shipping costs. Thus, many people grew up being told that they were “damaged merchandise”.

What we lost was an appreciation for the many kinds of genius there are. Your genius is what you love to do. During Skill Two, we'll help you locate and identify where your true genius is, so you can take it out and market it. You can distinguish your genius from the label of what you “do”. There is often a deeper layer of genius beneath what you already know, love and do.

Your 4DQ Genius is different from your IQ. IQ tests measure the functional abilities of the neocortex or thinking brain. Your 4DQ Genius comes out of deep internal connection with your heart. Everyone's genius is unique to them. One person is not better than, or superior to, another.

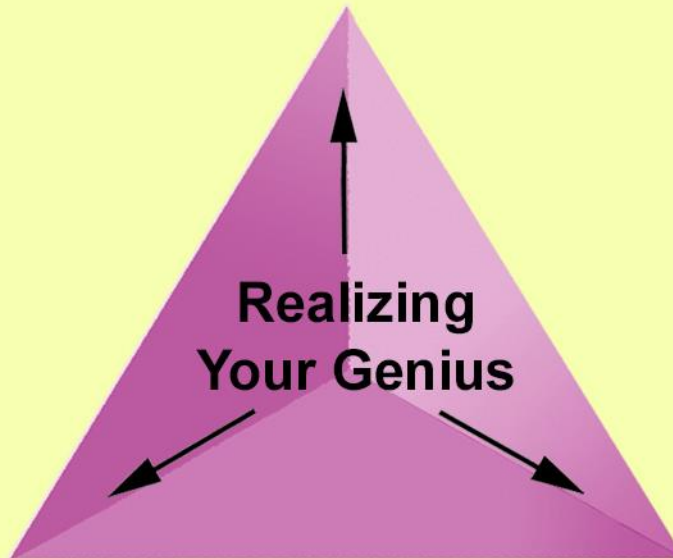
There are people who are deeply in touch with their internal genius, but they don't know how to market or promote themselves. There are others who are disconnected from their core genius, but they have found *ingenious* ways of making money. The challenge is to do both – to locate and develop your genius *and* find ingenious ways of bringing it out into the world.

When you have both, you are utterly unstoppable.

REALIZE YOUR

1. LOCATE YOUR GENIUS

TAP into your genius: Identify your natural
Talents, Abilities and Passions



2. DEVELOP YOUR GENIUS

*Transform your interests and passions
into skills and proficiencies*

3. MARKET YOUR GENIUS

*Put your genius into **forward motion**.
Convert your genius into money*

GENIUS

a. LOCATE YOUR GENIUS

TAP into your Genius: There are three steps to **TAPPING** into your Genius:

1. Talent: What makes you different?
2. Aptitude: Your Core Values
3. Passion: What do you love doing?

STEP ONE: **TALENT**

What comes easily or naturally to you? You may have noticed that others have more difficulty than you do in this area. Your life purpose may be in several areas that fit together, like pieces of a puzzle.

1. _____

2. _____

3. _____

4. _____

5. _____

STEP TWO: **APTITUDE**

What do you do well? Since this is often similar to Step One, we are going look at your core values here. What areas of life do you feel most deeply about? What causes, principles or beliefs would you give your life for? What do you care most about, beyond yourself? Why is this important to you?

1. Core Value _____

2. Core Value _____

3. Core Value _____

4. Core Value _____

5. Core Value _____

STEP THREE: **PASSION**

*“My general formula for students is, follow your bliss.
Find out where it is, and don’t be afraid to follow it.”
– Joseph Campbell*

The third step is identifying what you love. Show me a success story and I’ll show you someone who’s truly in love with what they are doing. Genius is *inflamed enthusiasm*. In the space below, write a list of what you loved most as a child, as a teenager and as an adult. What brought *you* bliss? Be thorough. Do not place judgment on what you write down.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

b. UNBLOCK YOUR GENIUS

If you can't locate your genius through the above exercises, there may be a belief, fear or past trauma that's blocking you. How can you unblock your genius, so you can shine more brightly? Identify and change your unconscious beliefs, transform your fears and heal past traumas that still affect you today.

1. **BELIEFS:** What are three beliefs that are potentially holding you back? For example, "I could never do *that*" or "I am above doing *that*."

1. _____

2. _____

3. _____

2. **FEARS:** What fears do you need to transform? For example, the fear of public speaking.

1. _____

2. _____

3. _____

3. **TRAUMAS:** Traumas can be Physical, Emotional or Financial. Identify three key traumas in your life that altered or changed who you are.

1. _____

2. _____

3. _____

TAP INTO YOUR GENIUS

TALENTS



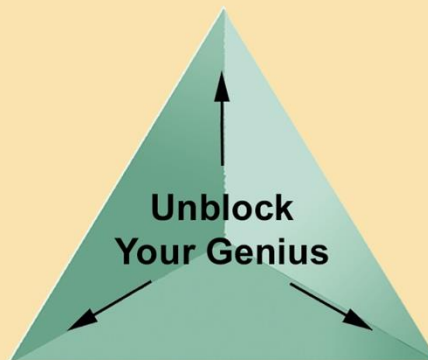
APTITUDES

PASSIONS

FIND YOUR GENIUS

LOCATE YOUR GENIUS

1. FALSE BELIEFS



2. FEAR

3. TRAUMA

UNBLOCK YOUR GENIUS

c. IDENTIFY YOUR UNIQUE TALENT

1. I have years of experience in:

2. I have received special training or education in:

3. I consider myself more knowledgeable than most in:

4. Past jobs, positions, careers and other businesses I've had:

5. I am really good at:



6. I can talk for hours about:

7. I am uniquely gifted, talented, skilled in:

8. I help people by:

9. Bonus facts that make me, my life, my background and my experience unique:

10. I am an expert in:

d. DEVELOP YOUR GENIUS

What skills do you need to develop so you can fully Realize Your Genius?

Public Speaking is an example. We recommend Toastmasters International, a Worldwide Non-Profit Organization that helps people develop public speaking and leadership skills in a safe and supportive environment.

What are three key skills that you can develop, so you can realize your genius? Look at the Inventory you took in Stage II to come up with your own customized Action List:

SKILL #1: _____

WHAT DO I NEED TO DO TO DEVELOP THIS SKILL? _____

WHERE CAN I GET SUPPORT? _____

SKILL #2: _____

WHAT DO I NEED TO DO TO DEVELOP THIS SKILL? _____

WHERE CAN I GET SUPPORT? _____

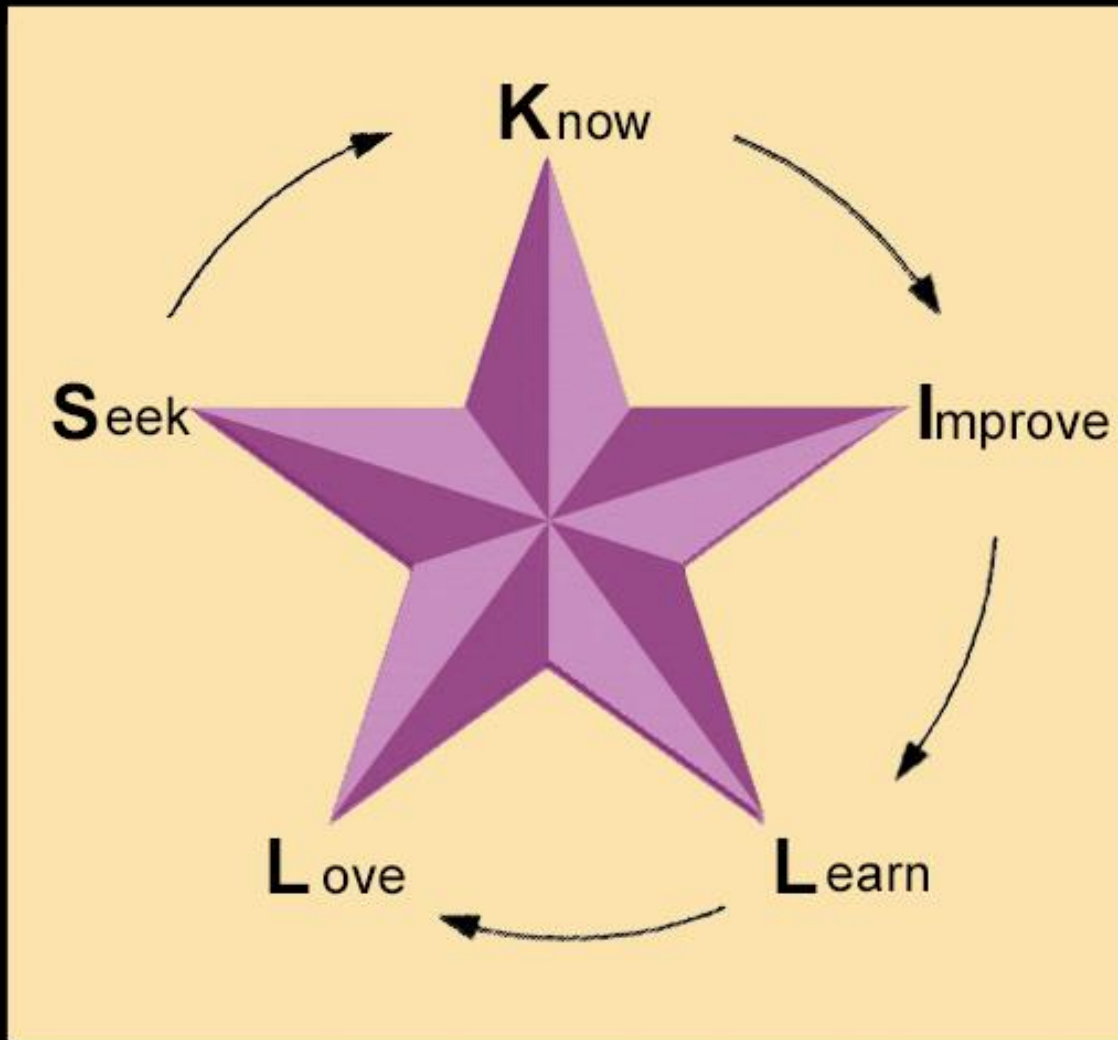
SKILL #3: _____

WHAT DO I NEED TO DO TO DEVELOP THIS SKILL? _____

WHERE CAN I GET SUPPORT? _____

DEVELOP YOUR GENIUS

e.



SKILL STAR

YOUR GENIUS PROFILE

You have identified your *Talents*, *Aptitudes* and *Passions*. In the space below, record any items that were on all three lists. That is, you enjoy doing them, they are easy or natural for you and they are aligned with your core passions and values. Which items complement each other, or go well together? Group those items or interests together. This is your "Genius Profile".

SPECIALTIES

Now, identify three areas of expertise. What makes you special? These are your Specialties. Identify three key areas in which your innate genius shines. Choose one of these areas to develop your "product". If you want to develop yourself as a 4DQ Coach, identify three 4DQ Skills you are strong in:

SPECIALTY #1: _____

SPECIALTY #2: _____

SPECIALTY #3: _____

PREPARATION

What fears and beliefs do you need to transform?

What skills do you need to develop?
