



# Grind. Greatness. Genius.

In the spaces provided, list your weekly activities in the zone that best fits along with your unique talents that you leverage to do the tasks. Then, determine the percentage of time you are spending in each activity and total your calculations at the bottom of the page.

<b>Grind Zone</b> Work tasks that are part of your job but don't necessarily make you strong ... Which talents are you leveraging to get the work done?	<b>Time Each Week (%)</b>	<b>Greatness Zone</b> Activities that make you feel strong. The Five E's of Strengths: Enthusiastic, Easy, Excellence, Energy, and Enjoyment. Which talents work here?	<b>Time Each Week (%)</b>	<b>Genius Zone</b> Best of the Best. Prolific. What you are known for...10,000 hours of Greatness. Which talents are you using here?	<b>Time Each Week (%)</b>
<b>Total % of time in the Grind:</b>		<b>Total % of time in Greatness:</b>		<b>Total % of time in the Genius Zone:</b>	