



COACH SCHOOL

– with Lorraine Hamilton –

ABOVE THE NOISE

MODULE 2

The Genius In You Worksheet

The Genius In You

You have genius inside you that makes you 100% unique and special. Let's dig deep to find it.

List your qualifications and education:

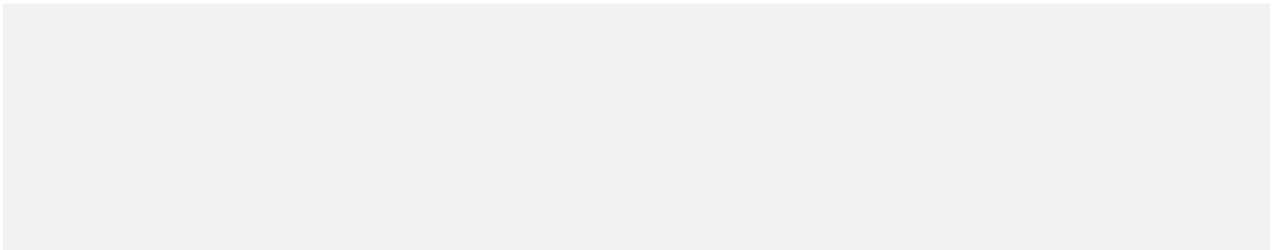
What are your Hard skills (Accounting, Writing, Software packages, deliverables etc)

And now your Soft skills (Coaching, mentoring, listening, speaking, inspiring etc):?

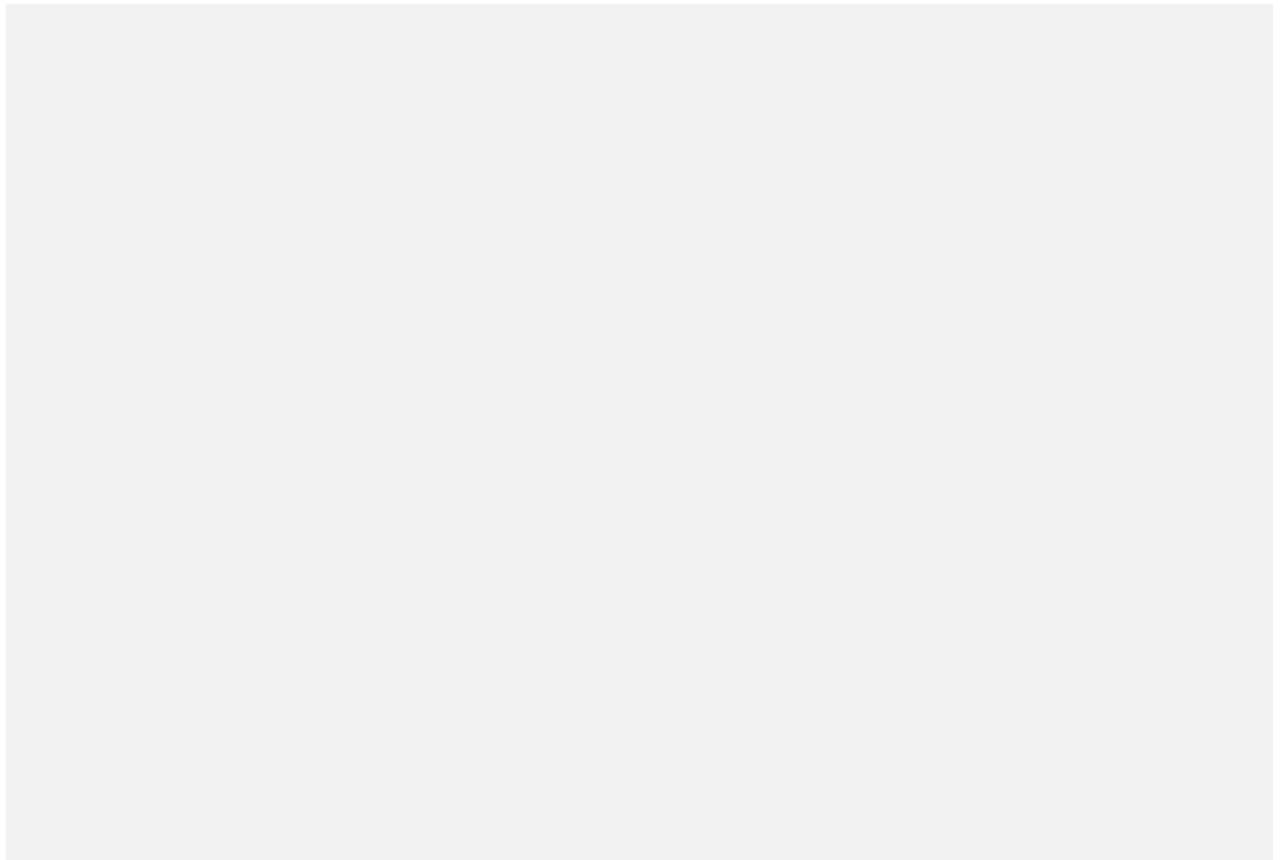
The Genius In You

It can be difficult to claim our own genius, but we have lots of evidence of its existence. Look at yourself through the eyes of others...

How do other people introduce or describe you?



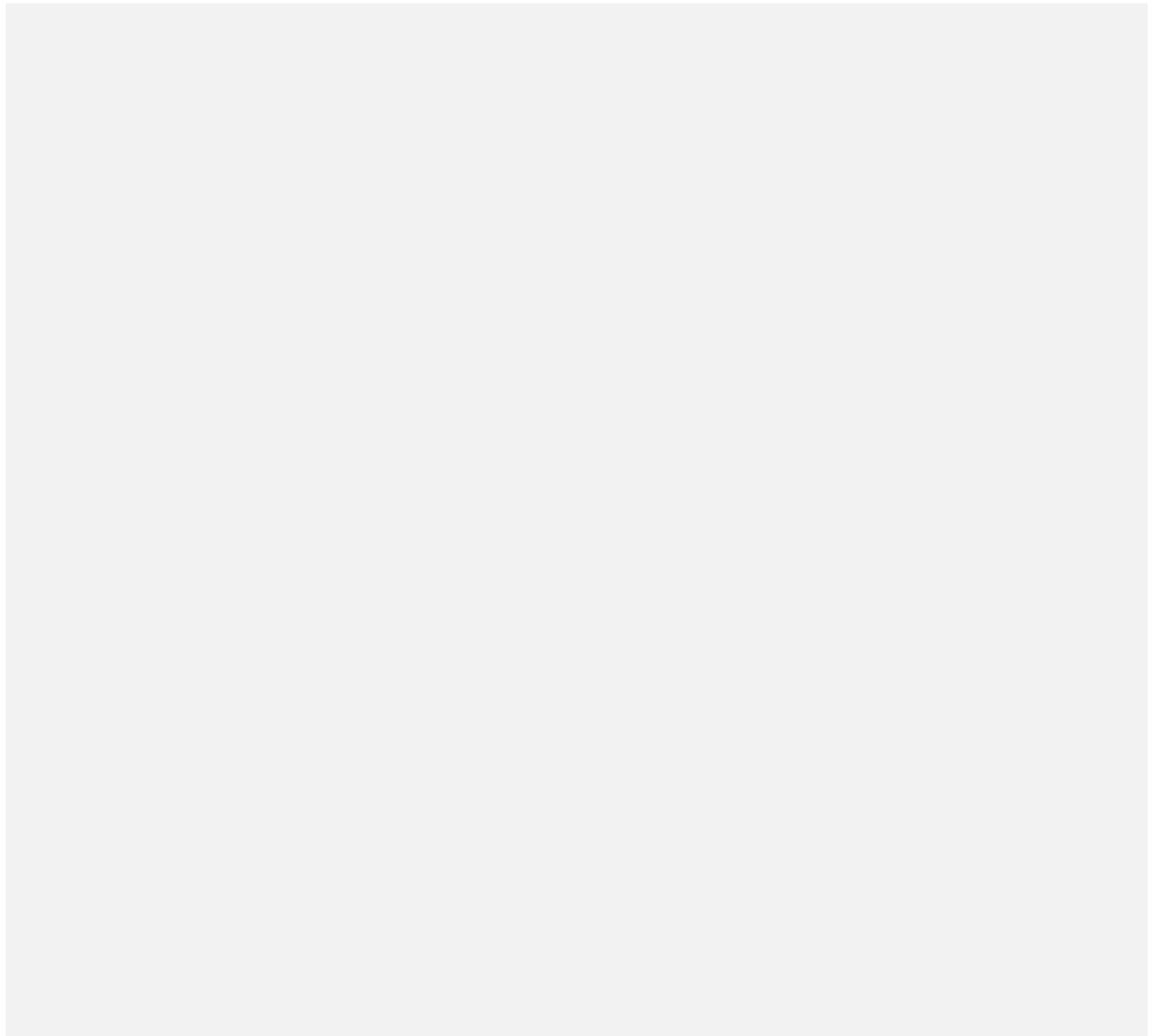
Enter your client testimonials and feedback here:



The Genius In You

Your life events help to shape your genius. What significant events have helped to shape who you are?

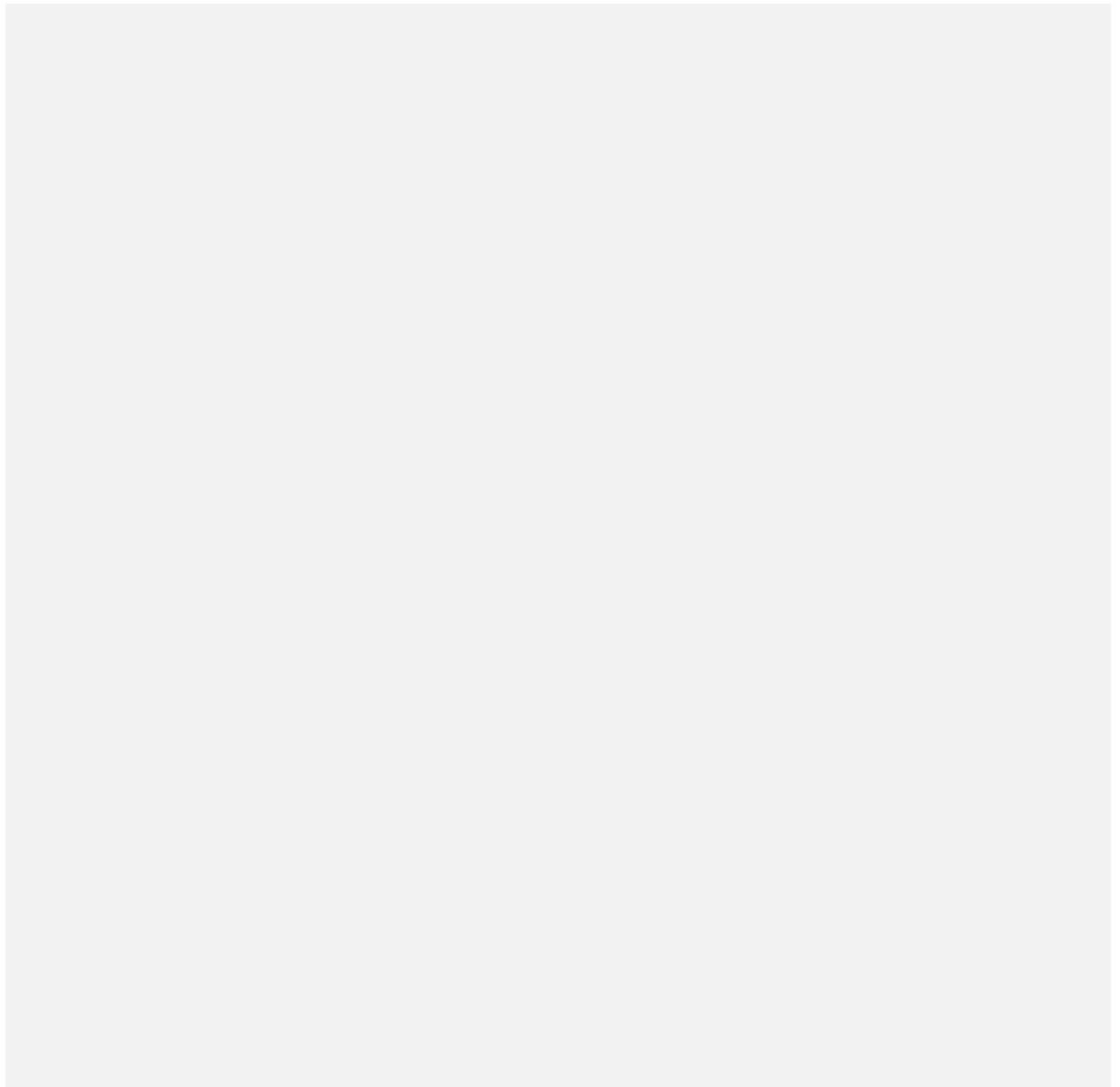
What significant life experiences have you gone through both painful and joyful that have contributed to who you are and what's most important to you?



The Genius In You

Your life events help to shape your genius. What significant events have helped to shape who you are?

What learnings from these experiences do you carry?



The Genius In You

Your business story is also unique. Let's explore that...

Where did your inspiration for your business come from? How did you get started?:

Have you ever felt like giving up? What kept you going through the tough times?

What is the far-reaching impact that you hope your business or work will have on the world?

The Genius In You

Let's lighten things up!

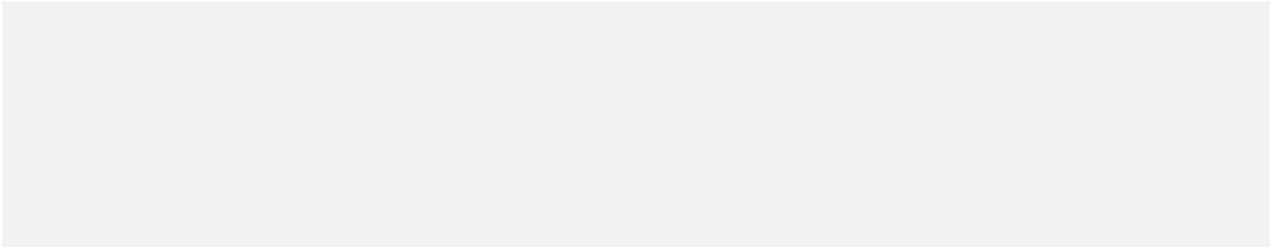
What is the most unusual way that anyone has ever described you or your business?: (One of my clients once described me as a 'midwife!')

There are a lot of funny things that happen on the way to success. Think of a funny story that's happened to you on your journey so far:

The Genius In You

It's time to claim your genius!

Review the answers to all of the previous questions and record all of the words that stand out:



Now create those words into positive affirmations statements. For example, 'I am a skilled listener', 'I am resilient', 'I am a midwife!' etc.

Keep these affirmations visible and refer back to them often.

