



## Your Genius Wheelhouse Exercise

This worksheet will guide you to create a one-sheet structure that anchors you in your Genius Wheelhouse strengths. I think you'll be surprised at the impact this will have on your business and life.

**On a blank piece of paper, draw or print a Big Circle that you divide into eight segments with lines through the center, like the spokes of a wheel or a big pizza pie with eight slices.**

You may recognize this design... it's a simple coaching wheel. Label it **My Genius Wheelhouse**.

You can use this structure for years to come, so take some time to make it yours.

Put it in your binder or on a big Post It sheet on the wall. Make something you can look at easily. You will use it to check in with your inner guidance system as well as to shape your marketing message.

On the outside rim of each segment, put a label for what's in that segment (see example on page 4 of this worksheet). You can be creative here.

Inside each segment, put words that represent your strengths, qualities and abilities in that segment ... take those words from the following types of sources:

- Any currently meaningful results of assessments you have taken in the past like Myers-Briggs, Disc, 360s, etc.
- Take a few more assessments, or update the results if it's been a while.

Here are a couple of free or low-cost assessments:

- [The 5 Love Languages Assessment](#)
- [StrengthsFinder: Link to CliftonStrengths Assessment](#) Scroll down the page to get your top 5 strengths - five is all you need.
- [Your Feminine Archetype quiz](#) (it's for all genders).



Here is a link to a quiz you may like as much as I did: [The Six Dominant Action Styles: Why You Need To Know Yours To Be Happy and Successful.](#)

- [Click here to take the quiz](#)
- [Read an article](#) that explains all six styles

In addition to those sources, use information from the following:

- List the top three experiences you have had which give you credibility in your work. Positions, degrees, certifications, accomplishments, etc.
- Gather all of these to get an overview of your life from which you may glean strengths and qualities that belong in your Wheelhouse.
- If you haven't already done it, identify your core personal values and business values.

Consider your answers to these questions:

- What's working for me as a business owner?
- What values am I honoring in my work?
- What inner resources do I have available?
- What outer resources and allies can I count on to support me?
- What are my tangible assets as I move into this business?
- What are my positive thoughts and emotions when I focus on this new endeavor?

**This next one may have the greatest impact on the experience this exercise gives you, so be sure to include it in your Wheelhouse.**

Send an email or set up a chat with five people. Make it a variety of people: those you have known personally as well as those with whom you have a professional relationship. Choose people who love you and hold you with positive regard!

Ask them questions like the following:

- What do you know you can count on me for?
- What is one of my best personal qualities?
- What is my "superpower" in the world?

Feel free to add other questions that tickle your fancy and get to the truth of the impact you have on others.



As you move through this exercise, allow yourself to inhabit these qualities:

- Feel the truth in them.
- Anchor the experience of them in your body.
- Experience yourself as successful and fulfilled using these qualities to grow your business.

From all the qualities you now have gathered, divide them into eight categories that resonate with what feels good to you!

Label the segments of the Wheel with those categories and put a few words in each segment that represent the strengths that fit there.

Choose words that evoke positive and empowered feelings in you.

When you are done, be sure to put this rendition of your Genius Wheelhouse into a binder or up on the wall where you can see it regularly.

You will be referring to it (and definitely tweaking it) throughout your business (and personal) evolution.

On the next page is a template you can use to create Your Genius Wheelhouse. Feel free to create your own categories using the ones here as prompts.

# My Genius Wheelhouse

