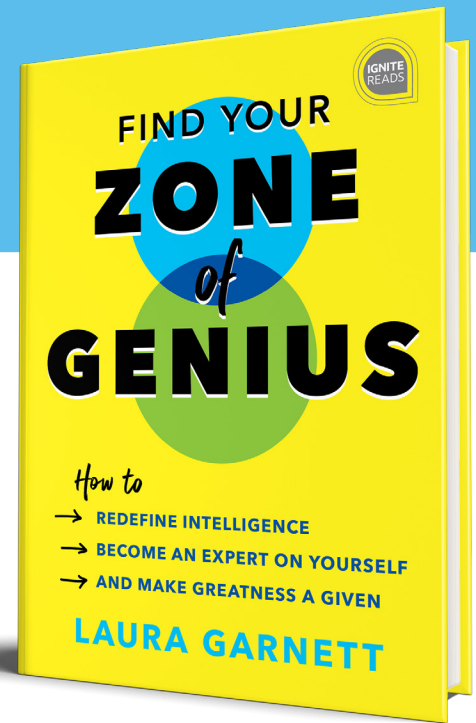


Spark Impact in Just One Hour

Value-Building Experiences
by SimpleTruths.com



A Guide for Finding Happiness at Work:

Find Your Zone of Genius

By Laura Garnett

Includes printable worksheet for meeting participants

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Book Discussion Questions

Introduction

1. Spend some time thinking of your own career journey. What were the best and worst jobs? What one word would you use to describe your career journey thus far?
2. Do you wake up every day excited to go to work? Why or why not? Do you believe that you're fully maximizing your potential in your current job? Why or why not?
3. What do you feel is missing or what do you want more of in your daily work experience right now? Keep this in mind as you continue to read the book.

Chapter 1

1. Which societal rules have you been operating by that were either conscious or unconscious?

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2. How has this been a disservice to your career and to your happiness?
3. When in your life have you gone against the norm and resisted conforming? What were you able to experience or achieve as a result?
4. Are you willing to feel the discomfort of non-conformity in order to truly have the work experience and career of your dreams?
5. If you stay true to your personal definition of success what changes do you need to make externally (either with your job or where you work) or internally (mindset)?

Chapter 2

1. How often are you using your Genius in your current role or previous roles?
2. What is an ideal project that you would want to own right now? Write down the specifics and how it is aligned with your Genius.
3. Do you see a way that you could manage a project like your ideal project in your current team, organization or business? If so, who do you need to speak with in order to make this happen? If not, what does this tell you about your next career step?
4. What has learning your Genius given you as you navigate the next few months of your career? Download the [Zone of Genius Tracker](#) to begin the process of using your Zone of Genius more effectively over time.

Chapter 3

1. What is your core emotional challenge?
2. How often have you experienced moments of being triggered that was a result of your core emotional challenge at work? Has this had a negative effect on your performance or career recently or in the past?
3. Using your new purpose language (the reverse of your core emotional challenge), have you been able to see how you can instantly access more intrinsic motivation in being aware of your impact on your team and colleagues? Is it possible to also connect your purpose to the purpose of your organization?
4. What can you do to increase your level of fulfillment with your purpose in mind? This can involve proactively creating more moments that are most meaningful to you.
5. How has this chapter and pro-active attempts at creating more fulfilling moments shifted your fulfillment for your current job? If it hasn't, what are the reasons why?

Chapter 4

1. Have you been able to experience being in your Zone of Genius since reading chapter 4? These are the moments where you're using your Genius

and having the impact of your Purpose. If not, what is preventing this from happening and what can you do to make being in your Zone of Genius more probable?

2. Which of the roadblocks mentioned really stood out as a problem that you've faced many times in your career?
3. Track this roadblock and get clear on how much of a problem it's creating for you. If you're not able to remove this yourself, plan to seek some support from a [Zone of Genius performance strategist](#) to help you do so. These roadblocks will continue to prevent you from getting the most out of your work experience if you don't commit to change.
4. What has been the most powerful take-away from this book and how will it inform your approach to work going forward?

**Living up to your true potential is the
greatest gift you can give yourself
and the world.**

Contact us to learn more or tell us about how this Discussion Guide sparked impact for you and your team!

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