



LUV YOUR GENIUS

Course Workbook

Note: it is best to complete all exercises in this workbook in your own handwriting. This helps you to really engage with and 'own' the learnings you reach, and the actions you commit to



Unit 1: My Perfect Day



A series of horizontal dotted lines spanning the width of the page, providing a guide for handwriting practice.



Unit 2: My Soul Work



A series of horizontal dotted lines spanning the width of the page, providing a guide for handwriting practice.



Your Living!

LUV Your Genius e-Course

Unit 3: My Role Work

Date: [Today]

A series of horizontal dotted lines for writing.



Date: [Today]



Unit 4: My “Whole Work”



A series of horizontal dotted lines spanning the width of the page, providing a guide for handwriting practice.



Your Living!

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Unit 5: My Values

For the exercise for this unit, you will be using the Values Elicitation Worksheet and Audio from the course resources



Your Living!

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Unit 6: My Motivation

As directed in the text, the exercise in this unit is to complete the remaining columns on the
Values Elicitation Worksheet



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Unit 7: My Boundaries

Date: _____ day, ____ / ____ / _____

VALUE 1:

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VALUE 2:

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VALUE 3:

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VALUE 4:

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VALUE 5:

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Unit 8: My Genius

Course

Some candidates for **my** single course:

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Drivers

What is it about an activity or opportunity that makes it really attractive to me?

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What is it that it has to have, to fit with my principles?

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Signposts

Up to ten sentences outlining your signposts:

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Name it

And now, the final step: your **Genius Statement**.

Distil everything from your Course, Drivers and Signposts into a single paragraph, no more than 30 words long, that sums it up for you:

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Now read the last part of this module, and then complete the final step:

My Genius is:

**Congratulations! Now you have uncovered your Genius,
it's time to LUV it – Leverage its Unique Value 😊**



Your Living!

LUV Your Genius e-Course

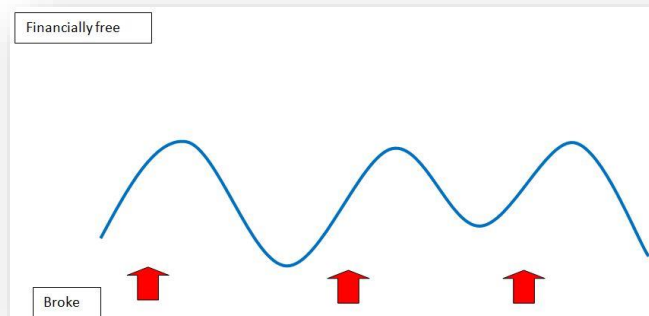
Appendix

How's your motivation?

Essentially, there are two forms of motivation:

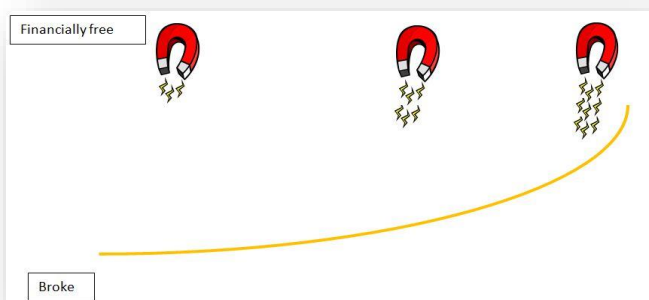
- Motivation AWAY FROM some undesired outcome [FEAR]
(eg "I don't want to be broke")
- Motivation TOWARDS some desired outcome [DREAM]
(eg "I am heading for financial freedom")

AWAY FROM motivation has a problem: it is most effective when you are close to the thing you want to avoid, and as you get further away, the motivation fades. The result is a kind of wave pattern of achievement, moving strongly away from the pain at first, then reducing, and even slipping back towards it when complacency sets in.



TOWARDS motivation is much more effective. The closer you get to your objective, the stronger the motivation becomes, like the attraction of a magnet increases as you approach it. So you're far more likely to actually reach your goal.

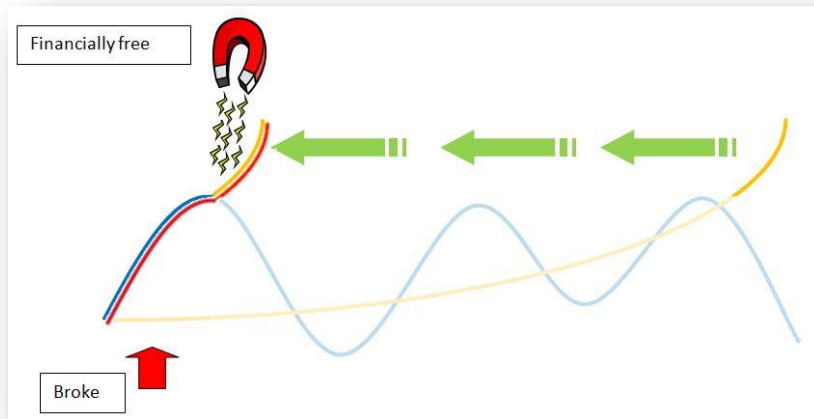
But even towards motivation has its limitations: if your current situation is too far away from the dream, the attraction of the Towards "magnet" is not strong enough to create powerful motion. That means a long slow start on your journey to success, and that leaves many people discouraged, sapping even the weak attraction.



So, if TOWARDS motivation isn't very good at the start, and AWAY FROM motivation isn't all that great once you get going, what you need is a mixture of the two. In the right order.

Cont'd

A good solid boost of aversion to get you moving, to move you up the achievement track away from the pain. And then, as you're now nice and close to the magnet, fully in its traction beam, the TOWARDS gain attracting you powerfully to your dream. This combination, used right, could massively shorten the time it takes you to achieve your success:



So, as I asked in the title of this article – how's your motivation?