

# NEXT STEP

*Breakthrough*  
*Experience*

Let's talk about genius. Genius is not what you think, it's who you are, but that's not typically how we treat the subject.

We tend to see genius as something that one becomes or that is only a measure of intellectual capacity or skill; for some, but not for others.

And yet, the root word for genius is Gignere, which means “attendant spirit, present from birth.” It's not only who we are, according to the word, it's who we've always been, each and every one of us.

And yet, what I know from working with thousands of individuals in the span of my career on improving every aspect of their lives is that the most authentic pieces of ourselves get buried under a lot of doing and knowing...and our genius gets forgotten.

Fulfillment comes from genius: that real sense of bringing our whole selves into the world, and operating from our uniqueness, and serving in a way that really lights us up. Simple satisfaction comes from temporary accomplishment, and there's nothing wrong with that, unless it is the sole source of your happiness.

I have led thousands of people individually and in groups on how to find their genius, their purpose, and their true path to fulfillment and impact, and when they are restless, irritable, and stuck, they tend to look to outside accomplishment to feel better.

I'm going to ask you to go inside, to find your genius, and once you identify it, to intentionally live from that energy for the next seven days and document the shifts in connection and growth that can come as a result.

Here are the simple steps to finding and owning your genius:

Read the attached list of words and put a star next to any that feel like a distinctive trait or quality of yours.

Go through the list of starred words and narrow it down to ten (if you haven't already).

Then, try the words on, from the perspective of “innate spirit, present from birth,” and say “I am...” before each word. Keep doing this and checking in on which 3 words resonate with you most.

Once you know your genius, join me in the Next Step Breakthrough Experience™ on Facebook, and I'll show you how to take this to the next level in your life with The Genius Challenge!!

Live, love, and lead from genius, heart, and impact, and you'll open the doors to greater confidence, clarity, and courage than you've ever felt before!

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## GENIUS

Accessible	Compassionate	Eloquent	Healthy
Adaptable	Confident	Empathetic	Helpful
Admirable	Conscientious	Energetic	Heroic
Adventurous	Considerate	Enthusiastic	Honest
Agreeable	Contemplative	Exciting	Honorable
Alert	Cooperative	Extraordinary	Humble
Amiable	Courageous	Fair	Humorous
Appreciative	Courteous	Faithful	Idealistic
Articulate	Creative	Farsighted	Imaginative
Aspiring	Curious	Firm	Incorruptible
Balanced	Daring	Flexible	Independent
Benevolent	Decent	Focused	Individualistic
Brilliant	Decisive	Forgiving	Innovative
Calm	Dedicated	Forthright	Insightful
Capable	Deep	Freethinking	Intelligent
Captivating	Dignified	Friendly	Intuitive
Caring	Disciplined	Fun-loving	Kind
Challenging	Discreet	Gallant	Leisurely
Charismatic	Dutiful	Generous	Logical
Cheerful	Dynamic	Gentle	Lovable
Clear-headed	Earnest	Genuine	Loyal
Clever	Efficient	Gracious	Magnanimous
Colorful	Elegant	Hardworking	Many-sided

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Mature	Precise	Secure	Systematic
Methodical	Principled	Selfless	Tasteful
Meticulous	Profound	Self-reliant	Thorough
Moderate	Protective	Sensitive	Tidy
Modest	Prudent	Sentimental	Tolerant
Neat	Punctual	Serious	Trusting
Objective	Purposeful	Sharing	Uncomplaining
Observant	Rational	Shrewd	Understanding
Open	Realistic	Simple	Undogmatic
Optimistic	Reflective	Skillful	Unfoolable
Organized	Relaxed	Sober	Upright
Original	Reliable	Sociable	Urbane
Painstaking	Resourceful	Sophisticated	Venturesome
Passionate	Respectful	Spontaneous	Vivacious
Patient	Responsible	Sporting	Warm
Peaceful	Responsive	Stable	Well-bred
Perceptive	Reverential	Steady	Well-read
Personable	Romantic	Strong	Well-rounded
Persuasive	Rustic	Studios	Winning
Playful	Sage	Suave	Wise
Polished	Sane	Subtle	Witty
Popular	Scholarly	Sweet	Youthful
Practical	Scrupulous	Sympathetic	