

How to Expand Your Commitment to Brilliance

The amount of time we spend in our Zones of Incompetence, Competence, Excellence and Brilliance reveals our commitments — both conscious and unconscious.

- What percentage of my work hours are spent in each of the zones below?
- What might I learn about my commitments (conscious and unconscious)?

Zone	Commitment	What percentage of your time do you spend in each zone?
<p>Incompetence - Persisting in doing things others can do better and I don't enjoy</p>	<p>An unconscious commitment to frustration and suffering</p>	
<p>Competence - Persisting in doing things others can do just as well and I don't enjoy</p>	<p>An unconscious commitment to going through the motions and maintaining the status quo</p>	
<p>Excellence - Persisting in doing things that I can do better than most, but isn't completely satisfying</p>	<p>A conscious or unconscious commitment to doing well but playing safe</p>	
<p>Brilliance - Choosing to do things that I love doing, that leverage my unique abilities</p>	<p>A conscious commitment to expressing my brilliance and expanding my capacity for ease, flow and joy</p>	

Are you willing to increase the percentage of time you spend in your Zone of Brilliance?



Choosing Brilliance

To choose brilliance means to consciously work from your unique abilities, deepest passions and natural strengths.

Using a process of discovery to understand and articulate your personal Zone of Brilliance, you first bring awareness to what we call Zones of Incompetence, Competence and Excellence.

The following comes from Gay Hendricks in his book *The Big Leap*.



1 **Zone of Incompetence** What activities do I do that others can do better? What work do I do for which I consistently receive negative feedback? What do I do that I don't enjoy?

2 **Zone of Competence** What activities do I do that others can do just as well or better? What work do I do well, but doesn't feel satisfying?

3 **Zone of Excellence** What activities do I do that I can do better than most, but that leaves me feeling unsatisfied? What do I do that consistently generates positive feedback, but feels as if "something is missing?"

4 **Zone of Brilliance** What activities do I most love to do? What are my unique abilities? What work do I do that doesn't seem like work? What activities do I love to do so much that time disappears? What work do I do that produces the highest ratio of satisfaction and abundance to amount of time spent? What do I do that makes my heart sing?



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