

# Level Up

## GUIDE



THE  
**STRENGTH ZONE  
CIRCLE**  
W/JOHN BARRETT

LEVEL UP

## SESSION SUMMARY:

Explore the transformative concept of the 'Strength Zone' and discover how it can elevate your leadership skills. In this insightful video, you'll dive into the three levels of the Strength Zone: Good, Great, and Genius. Learn how to identify your natural abilities and focus on your Genius Zone for maximum impact. You'll uncover practical steps for delegating tasks, prioritizing your core strengths, and continuously improving within your Genius Zone. This video is a must-watch if you're a leader or an individual seeking to enhance your effectiveness and influence.

## GROUP QUESTIONS:

1. What stood out to you the most from this lesson?
2. How would you describe your 'good zone'? What are some things you are good at?
3. Can you identify areas in your life where you operate in your 'great zone'?
4. What do you think your 'genius zone' might be? What are the one or two things you excel at?
5. How can you spend more time in your genius zone and less in your good or great zones?
6. Have you ever felt overwhelmed by trying to be good at too many things? How did you handle it?
7. How can you help others on your team or in your community find and operate in their genius zones?
8. What steps can you take this week to focus more on your genius zone?

## APPLICATION:

This week, take some time to reflect on your strengths and identify your genius zone. Make a conscious effort to delegate tasks that fall into your good or great zones and focus more on the areas where you can make the most impact. Share your findings with a trusted friend or mentor and ask for their feedback.