

Spending Time in Your Unique Abilities

Keep a running log of all the different kinds of tasks you do in a week.

Chapter 2: Career

Once you've identified your unique abilities, give this last step a try. Figure out how much of your week is spent doing tasks within your unique abilities.

UNIQUE ABILITY ACTIVITIES:
Superior skill and passion.

You're awesome at this and love doing it. You lose track of time here.

EXCELLENT ACTIVITIES:
Superior skill and no passion.

You're awesome, but don't love it. You're the go-to person, but don't get satisfaction from it.

COMPETENT ACTIVITIES:
Minimum standard and no passion.

You're capable of it, but it gives you some anxiety and you'd rather do other things.

INCOMPETENT ACTIVITIES:
Failure and frustration.

You hate it and it stresses you out. Lots of frustration, and it makes your day horrible.

If 80 percent of your time is spent in the unique ability quadrant, everyone's happy. If you're spending much less time in your unique abilities, consider how to slowly transition out of the other quadrants and into your superpowers.

These activities and worksheets are taken from the book **Change Maker**: Turn your passion for health and fitness into a powerful purpose and a wildly successful career by John Berardi, PhD.

Check it out at: www.changemakeracademy.com/book