



AWAKENING YOUR INNER GENIUS

WORKBOOK

First, I want to say THANK YOU for reading my book, *Awakening Your Inner Genius*.

I'm thrilled at how many people have written me, enthusiastic about following their calls to adventure and discovering the rapture of truly feeling alive.

I created this workbook to start you on your journey to greatness. It's going walk you the major lessons in the book, share further insights, and help you apply them. By the end of this workbook, I think you're going to be very excited about what lies ahead in your journey.

Even if you're ready to start your journey, go through this workbook. It will only reinforce your certainty, and possibly illuminate new aspects of your journey that you hadn't considered or seen.

I hope you find this workbook enjoyable and helpful.

Sincerely,

Sean Patrick

P.S. Would you mind taking a minute to write a blurb about the book where you bought it (Amazon, Apple, etc.)? You don't have to write much if you don't want to and I'd really appreciate it. Below are links to the various places where you can write something about the book:

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P.P.S. If you have any questions or run into any problems going through or applying this report, shoot me an email and I'll do my best to help! My email address is sean@yourinnergenius.com.

CURIOSITY

“Thousands of geniuses live and die undiscovered—either by themselves or by others.”

-Mark Twain

PURPOSE:

To find the direction of your adventure.

STEPS:

1. ESSAY: Which of the lessons of this chapter of the book resonated most with you, and why? How do you feel you can apply those takeaways to succeed in your journey?
2. VIDEO: Watch the following TED talk:

[James Cameron on Before Avatar...A Curious Boy](#)

3. ESSAY: What are your key takeaways from the above video? How do they fit in with the lessons learned in this chapter?
4. VIDEO: Watch the following TED talk:

[JJ Abrams on the Mystery Box](#)

5. ESSAY: What are your key takeaways from the above video? How do they fit in with the lessons learned in this chapter?
6. ESSAY: Create a thorough list of answers to the following questions.
 - What subjects or activities have always interested you?
 - What are you naturally good at?

- What activities, types of people, events, hobbies, or projects make you smile?
 - In the past, what were some of your favorite things to do?
 - If money were of no concern, what would you spend your days doing?
 - If you had to teach something, what would you teach?
7. ESSAY: Based on your answers to the above questions, what subjects or activities are you most interested in looking into further? Which of the above excites you most? Why?

COURAGE

“When a resolute young fellow steps up to the great bully, the world, and takes him boldly by the beard, he is often surprised to find it comes off in his hand, and that it was only tied on to scare away the timid adventurers.”

-Ralph Waldo Emerson

PURPOSE:

To find the courage to accept your call to adventure.

STEPS:

1. ESSAY: Which of the lessons of this chapter of the book resonated most with you, and why? How do you feel you can apply those takeaways to succeed in your journey?
2. VIDEO: Watch the following TED talk:

[Steve Jobs on How to Live Before You Die](#)

3. ESSAY: What are your key takeaways from the above video? How do they fit in with the lessons learned in this chapter?
4. ESSAY: Quickly write a list all of your fears, insecurities, and doubts in connection with accepting your call to adventure.
5. ESSAY: Look them over with a view to what is the worst that could happen if these fears were to come true. Write down whatever comes to mind. Exaggerate and embellish. Have fun with it.
6. ESSAY: Write a list of potential positive outcomes to accepting your call to adventure. What potential outcomes are motivating and inspiring?

IMAGINATION

“Can you imagine what I would do if I could do all I can?”

-Sun Tzu

PURPOSE:

To tap into and exercise your imagination and creative abilities.

STEPS:

1. ESSAY: Which of the lessons of this chapter of the book resonated most with you, and why? How do you feel you can apply those takeaways to succeed in your journey?
2. VIDEO: Watch the following TED talk:

[Ken Robinson on Creativity](#)

3. ESSAY: What are your key takeaways from the above video? How do they fit in with the lessons learned in this chapter?
4. VIDEO: Watch the following TED talk:

[Kirby Ferguson on Embrace the Remix](#)

5. ESSAY: What are your key takeaways from the above video? How do they fit in with the lessons learned in this chapter?
6. PRACTICAL: Do the following creative exercises:

EXERCISE #1

The follow exercise comes from Bob McKim, a Professor Emeritus at Stanford University. It's very simple.

Download the following PDF, print it out, and draw as many different pictures using the circles as you can in one minute only.

[Click here to download the PDF](#)

Now do it again, but don't repeat a single picture you already drew.

EXERCISE #2

Write down as many different uses that you can think of for the following objects:

1. A brick
2. A blanket
3. A wheel
4. A barrel
7. ESSAY: What can you do to stir your imagination in the subjects or activities you listed in the final step for the curiosity chapter?
8. PRACTICAL: Go and do the above. Right now, of course!

DEVOTION TO GOALS

“If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them.”

-Henry David Thoreau

PURPOSE:

To formulate big, inspiring goals that will define your journey to greatness.

STEPS:

1. ESSAY: Which of the lessons of this chapter of the book resonated most with you, and why? How do you feel you can apply those takeaways to succeed in your journey?

2. Watch the following TED talk:

[Caroline Casey on Looking Past Limits](#)

3. ESSAY: What are your key takeaways from the above video? How do they fit in with the lessons learned in this chapter?

4. Watch the following TED talk:

[Larry Smith on Why You Will Fail to Have a Great Career](#)

5. ESSAY: What are your key takeaways from the above video? How do they fit in with the lessons learned in this chapter?

6. ESSAY: Based on your experiences so far with the subjects and activities you listed at the end of the section on curiosity, create a list of *big*, specific goals for those that interest you most.

7. ESSAY: Look over your list of goals. Which excite you most?

8. ESSAY: Look over each of the most exciting goals and list out the primary skill or skills that you would have to become extraordinary at to achieve these goals.
9. ESSAY: Look over the subjects and activities, the goals you've created for them, and the skills those goals will require. Which package is most appealing to you? What is going to be the singular focus of your journey to greatness?
10. ESSAY: What action can you immediately take to begin your journey? Even if it's something small—starting to read a book, setting up a blog account, beginning an outline for a book, etc.—what can you do *right* now to take that first step on your path?
11. PRACTICAL: Go and do the above. Yep, right now!



“You must not fear death, my lads; defy him, and you drive him into the enemy’s ranks.”

-Napoleon Bonaparte

PURPOSE:

To ignite your drive to complete your journey to greatness.

STEPS:

1. ESSAY: Which of the lessons of this chapter of the book resonated most with you, and why? How do you feel you can apply those takeaways to succeed in your journey?
2. VIDEO: What the following TED talk:

[Isabel Allende on Tales of Passion](#)

3. ESSAY: What are your key takeaways from the above video? How do they fit in with the lessons learned in this chapter?
4. VIDEO: What the following TED talk:

[Simon Sinek on How Great Leaders Inspire Action](#)

5. ESSAY: What are your key takeaways from the above video? How do they fit in with the lessons learned in this chapter?
6. ESSAY: Create a list of the ways that your journey to greatness will help others. Be specific. Which causes, organizations, groups, types of people, species, environments, etc. will it help?

7. ESSAY: Give some thought as to the purpose of your journey. Why do you feel you must do this? How will it help others? Who or what are these causes, organizations, groups, types of people, species, environments, etc. that will be helped? What changes will it make in the world? Work this over until you find a clear statement of purpose that makes you come alive.

KNOWLEDGE

“There is one thing one has to have: either a soul that is cheerful by nature, or a soul made cheerful by work, love, art, and knowledge.”

-Friedrich Nietzsche

PURPOSE:

To stimulate your love of knowledge.

STEPS:

1. ESSAY: Which of the lessons of this chapter of the book resonated most with you, and why? How do you feel you can apply those takeaways to succeed in your journey?
2. VIDEO: Watch the following TED talk:

[Ben Dunlap on the Life-long Learner](#)

3. ESSAY: What are your key takeaways from the above video? How do they fit in with the lessons learned in this chapter?
4. VIDEO: Watch the following RSA talk:

[Ken Robinson on Changing Education Paradigms](#)

5. ESSAY: What are your key takeaways from the above video? How do they fit in with the lessons learned in this chapter?
6. PRACTICAL: Go to [Amazon.com](#) and find, buy, and start reading a popular non-fiction book directly related to your journey. It can be a biography of a great achiever in the same field, a history of events, a “how-to,” or anything else as long as it’s non-fiction, and directly related.

7. PRACTICAL: Use Technorati.com's blog directory to find 5 popular blogs related to your journey. Follow them.
8. PRACTICAL: Spend at least one hour per day reading the book you bought in step 6.
9. PRACTICAL: Once per week, read through the new posts on the blogs you followed.
10. ESSAY: List out ten subjects or activities that you've always wanted to know more about. They can be directly related to your journey or not. Circle or highlight the subject or activity that seems most interesting to you right now.
11. PRACTICAL: Go to Amazon.com and find, buy, and start reading a popular non-fiction book about the subject or activity you circled. It can be a biography of a great achiever in the same field, a history of events, a "how-to," or anything else as long as it's non-fiction, and directly related.
12. PRACTICAL: Spend at least one hour per day reading the book you bought in the above step.
13. ESSAY: Reflect on how the learning you've done so far has affected your journey thus far. Has it motivated you? Has it given you new ideas as to how you can accomplish it? Has it been worth the time you've spent?

INDIVIDUALISM

“To know what you prefer instead of humbly saying Amen to what the world tells you you ought to prefer, is to have kept your soul alive.”

-Robert Louis Stevenson

PURPOSE:

To empower you to be who you are.

STEPS:

1. ESSAY: Which of the lessons of this chapter of the book resonated most with you, and why? How do you feel you can apply those takeaways to succeed in your journey?
2. VIDEO: Watch the following talk:

[Jeff Bezos' Graduation Speech at Princeton University](#)

3. ESSAY: What are your key takeaways from the above video? How do they fit in with the lessons learned in this chapter?
4. VIDEO: Watch the following talk:

[JK Rowling Harvard Commencement Speech](#)

5. ESSAY: What are your key takeaways from the above video? How do they fit in with the lessons learned in this chapter?
6. ESSAY: Who are you, and what gifts do you want to present to the world?

JUDGMENT

“The most courageous act is still to think for yourself. Aloud.”

-Coco Chanel

PURPOSE:

To help you hone and exercise your judgment.

STEPS:

1. ESSAY: Which of the lessons of this chapter of the book resonated most with you, and why? How do you feel you can apply those takeaways to succeed in your journey?
2. VIDEO: Watch the following TED talk:

[Tim Hartford on Trial, Error, and the God Complex](#)

3. ESSAY: What are your key takeaways from the above video? How do they fit in with the lessons learned in this chapter?
4. VIDEO: Watch the following TED talk:

[Barry Schwartz on Using Our Practical Wisdom](#)

5. ESSAY: What are your key takeaways from the above video? How do they fit in with the lessons learned in this chapter?
6. ESSAY: Give three examples of times where you exercised your judgment and were wrong. What mistake did you make that led to this lapse in judgment? What did you learn from these experiences?

7. ESSAY: Give three examples of times where you exercised your judgment and were right. What did you do well in these situations that resulted in making the right decisions?
8. ESSAY: List out five beliefs of yours that are directly related to your journey to greatness. They can be about the industry or field, the people involved, the work itself, or anything else.
9. PRACTICAL: Pick one of the beliefs above and, using the Internet, seek out and study several opposing viewpoints for each. Consider the counter-arguments closely.
10. ESSAY: How does your belief seem to you, now? Has it changed at all? If not, why?
11. PRACTICAL: Do this for each of the other four beliefs you wrote in step #8.

HONESTY

“To believe in something, and not to live it, is dishonest.”

-Mahatma Gandhi

PURPOSE:

To further explore honesty and dishonesty and how they affect your journey to greatness.

STEPS:

1. ESSAY: Which of the lessons of this chapter of the book resonated most with you, and why? How do you feel you can apply those takeaways to succeed in your journey?
2. VIDEO: Watch the following TED talk:

[Pamela Meyer on How to Spot a Liar](#)

3. ESSAY: What are your key takeaways from the above video? How do they fit in with the lessons learned in this chapter?
4. ESSAY: Give three examples of times where someone tried to force data off on you and command you to believe it or else. How did you react to this? What happened as a result?
5. ESSAY: Give an example of a time where you felt pinned down by lies you had told. How did this affect your relations with those you lied to? How did it affect your attitude? How did it affect your ability to perform in that field?
6. ESSAY: Give an example of a time where you had maintained your honesty and integrity despite personal risk or hardship. How did this affect your relations, attitude, and abilities?

ABILITY TO COMMUNICATE

“Much unhappiness has come into the world because of bewilderment and things left unsaid.”

-Fyodor Dostoyevsky

PURPOSE:

To further explore how the ability to communicate is one of the most powerful abilities one can have.

STEPS:

1. ESSAY: Which of the lessons of this chapter of the book resonated most with you, and why? How do you feel you can apply those takeaways to succeed in your journey?
2. VIDEO: Watch the following TED talk:

[Seth Godin on How to Get Your Ideas to Spread](#)

3. ESSAY: What are your key takeaways from the above video? How do they fit in with the lessons learned in this chapter?
4. VIDEO: Watch the following TED talk:

[Michael Wesch on From Knowledgeable to Knowledge-Able](#)

5. ESSAY: What are your key takeaways from the above video? How do they fit in with the lessons learned in this chapter?
6. ESSAY: Give three examples of appeals to ethos that you've found particularly persuasive, whether in literature, marketing, oratory, etc.

7. ESSAY: Create three appeals to ethos that could be used to help persuade another to join you in your journey to greatness.
8. ESSAY: Give three examples of appeals to pathos that you've found particularly persuasive, whether in literature, marketing, oratory, etc.
9. ESSAY: Create three appeals to pathos that could be used to help persuade another to join you in your journey to greatness.
10. ESSAY: Give three examples of appeals to logos that you've found particularly persuasive, whether in literature, marketing, oratory, etc.
11. ESSAY: Create three appeals to logos that could be used to help persuade another to join you in your journey to greatness.
12. ESSAY: Give three examples of people that have made significant changes in the world by building a new model that made the existing model obsolete. These changes can be economic, religious, social, scientific, etc.
13. ESSAY: What new models are you interested in building for the world?



OPTIMISM

“We are all in the gutter, but some of us are looking at the stars.”

-Oscar Wilde

PURPOSE:

To put you in an optimistic frame of mind for your journey to greatness.

STEPS:

1. ESSAY: Which of the lessons of this chapter of the book resonated most with you, and why? How do you feel you can apply those takeaways to succeed in your journey?
2. VIDEO: Watch the following TED talk:

[Hans Rosling on Stats That Reshape Your Worldview](#)

3. ESSAY: What are your key takeaways from the above video? How do they fit in with the lessons learned in this chapter?
4. VIDEO: Watch the following TED talk:

[Peter Diamandis on Abundance is Our Future](#)

5. ESSAY: What are your key takeaways from the above video? How do they fit in with the lessons learned in this chapter?
6. VIDEO: Watch the following TED talk:

[Matt Cutts on Try Something New for 30 Days](#)

7. ESSAY: What are your key takeaways from the above video? How do they fit in with the lessons learned in this chapter?
8. ESSAY: Have you ever seen or experienced negative, self-fulfilling prophecies at work? How did it happen? Looking back, how do you think you or someone else could've viewed the situation more positively?
9. PRACTICAL: For the following week, don't consume any bad news. Don't read the newspaper or watch the nightly news. Don't follow negative blogs. Avoid conversations with people that are habitually negative.
10. ESSAY: After you've done the above, write down how you felt during that week. Did you notice anything different?

YOUR INVITATION TO THE BROTHERHOOD OF GENIUS

“Everything you can imagine is real.”

-Pablo Picasso

PURPOSE:

To put you in an optimistic frame of mind for your journey to greatness.

STEPS:

1. ESSAY: Which of the lessons of this chapter of the book resonated most with you, and why? How do you feel you can apply those takeaways to succeed in your journey?
2. VIDEO: Watch the following TEDx talk:

[Drew Dudley on “Leading with Lollipops”](#)

3. ESSAY: What are your key takeaways from the above video? How do they fit in with the lessons learned in this book?
4. VIDEO: Watch the following TED talk:

[Ric Elias on 3 Things I Learned While My Plane Crashed](#)

5. ESSAY: What are your key takeaways from the above video? How do they fit in with the lessons learned in this book?
6. VIDEO: Watch the following TED talk:

[John Wooden on the Difference Between Winning and Succeeding](#)

7. ESSAY: What are your key takeaways from the above video? How do they fit in with the lessons learned in this book?
8. ESSAY: Based on everything you've learned and done so far, what do you want to accomplish in your journey? How do you want to change the lives of others? What problems do you want to solve? What do you want to leave behind in the world after you're gone?