



Your Fulfillment Zone

Review the description for each type of zone, as explained in Chapter 7.

Fills me with enthusiasm

Fostering zone

Activities in this zone fill you with enthusiasm, but there's still room to improve your skills. You feel excited about the challenge to grow.

Fulfillment zone

Activities that allow you to use your skills toward what fills you with enthusiasm. You feel fulfilled and excited.

Low skill
level

High skill
level

Frustration zone

Activities that don't align with your skills and don't bring you joy. You feel frustrated, annoyed, or overwhelmed.

Functioning zone

Activities that you can easily accomplish, but don't fill you with enthusiasm. You feel bored and lack engagement.

Doesn't fill me with enthusiasm



Your Fulfillment Zone

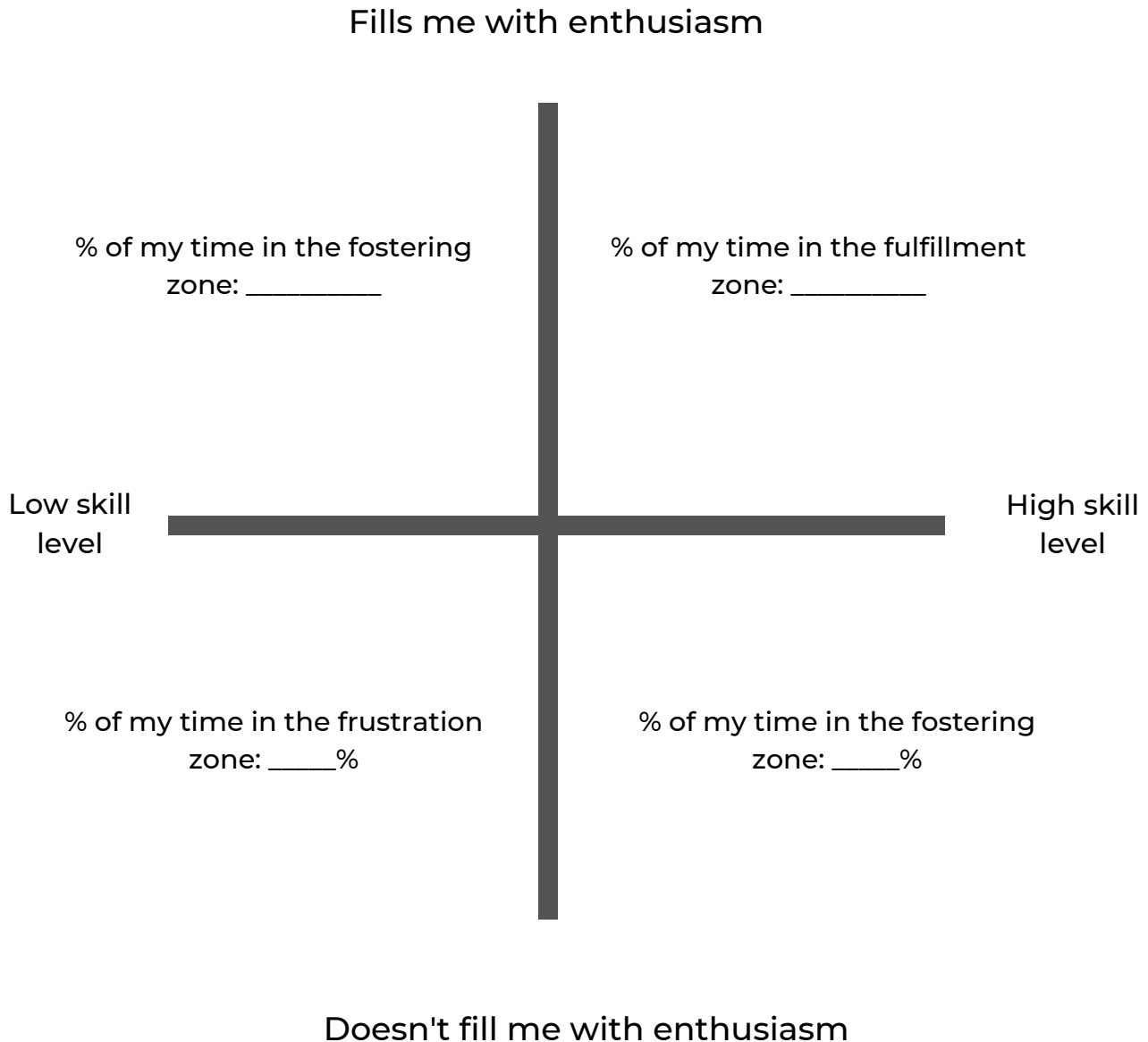
Based on the Fulfillment Zone explanation on page 1, write down under each quadrant two activities from your daily life:

Fills me with enthusiasm

Fostering zone		Fulfillment zone	
Activity #1: _____		Activity #1: _____	
Activity #2: _____		Activity #2: _____	
Low skill level			High skill level
Activity #1: _____		Activity #1: _____	
Activity #2: _____		Activity #2: _____	
Frustration zone		Functioning zone	
Doesn't fill me with enthusiasm			



Now, try to assess, which percentage of your time falls under each of the four categories. It doesn't have to be perfect, an estimation is fine:





Looking at pages 1 and 2:

- What did you find?
- In which zone do you spend most of your time?
- How does that make you feel?
- Are there any changes you could consider making in order to spend more time in your fulfillment zone?