

FINDING YOUR FEARLESS
STRATEGY FOUR

The Four Zones of Fearless Leadership

BY DR. MIATHERESA PATE

Welcome

IT IS TIME TO **MOVE THROUGH ZONES**

Welcome to the Moving Through the Zones Toward Fearlessness workbook! This 7-day journey will guide you through the four zones of leadership—**Incompetence, Competence, Excellence, and Genius**—to help you identify where you thrive, where you can grow, and how to align your strengths with fearless leadership.

True fearlessness starts with self-awareness and honesty. By examining your strengths, weaknesses, opportunities, and threats (SWOT), you'll gain the clarity to move through each zone and embrace your highest potential. This workbook is about empowering you to step into your genius and lead with passion and purpose.

HOW TO USE THIS WORKBOOK ⓘ

- 📖 Dedicate a quiet 20-30 minutes daily to each day's exercises.
- 📖 Reflect deeply and write honestly—this is your journey.
- 📖 Use the inspirational quotes to motivate and guide your thoughts.
- 📖 At the end of the week, revisit your reflections to see how far you've come.

Let's move through the zones together and unlock your fearlessness!



UNDERSTANDING THE ZONES OF *Fearlessness*

No one else will build the life you want for you. Make a pact to be in it with yourself for the long haul.

– TARA MOHR

Reflect on the four zones of leadership: Incompetence, Competence, Excellence, and Genius. Which zone do you currently spend the most time in, and how does it feel?

Think about a time when you stepped out of your comfort zone. What fears did you face, and how did it help you grow as a leader?

Write a brief personal definition for each of the four zones. Highlight one example from your life that fits into each zone.

DAY | MONTH | YEAR

Day Two

ZONE OF *Incompetence*

The person you should never lie to is yourself.

– DR. MIATHERESA PATE'S GRANDMOTHER

Think about areas where you feel out of your depth or struggle as a leader. What skills or knowledge could help you grow in this zone?

What resources, training, or support could you seek out to transform weaknesses in this zone into strengths?

List three areas where you feel incompetent and identify one step you can take to improve in each.

--	--	--

DAY | MONTH | YEAR

ZONE OF *Competence*

Day Three

Delegation is a sign of strong leadership.

What tasks do you handle adequately but know others could do better?
How can delegating these tasks create space for you to focus on your strengths?

Reflect on a time when you delegated effectively.
How did it empower others and free you to focus on areas where you thrive?

Identify three tasks you could delegate.
Write down who could take them on and how you will empower them to succeed.

DAY | MONTH | YEAR

ZONE OF *Excellence*

Day Four

Fearlessness in this zone involves embracing your talent unapologetically.

What are your greatest strengths? How do they help you perform at a high level in your leadership role?

How can you use these strengths to build empowering relationships and elevate others, knowing that leadership is about collaboration?

Write down three ways to fully embrace and leverage your talents in this zone.
Plan one action to implement this week.

01.	02.	03.

DAY | MONTH | YEAR

ZONE OF *Genius*

Day Five

This is where your passion and purpose align.

What activities make you feel most alive, where you lose track of time because you're fully engaged and thriving?

How can stepping into your Zone of Genius help you achieve your highest potential, even if it requires bold risks?



List three strengths or passions that define your Zone of Genius. Write one specific step you will take to spend more time operating in this zone.

DAY | MONTH | YEAR

CONDUCTING YOUR SWOT *Analysis*

Day Six

Know thyself.
– ANCIENT GREEK SAYING

What are your top three strengths as a leader?
How do they align with your current and future leadership goals?

What threats or fears are holding you back, and how can you reframe them as opportunities for growth?

On the next page, **complete a full SWOT analysis** (Strengths, Weaknesses, Opportunities, and Threats). Reflect on one insight from each category and how it informs your leadership.



DAY | MONTH | YEAR

Day Seven

MOVING TOWARD *Fearlessness*

Leadership is a journey. Your personal brand serves as a compass, guiding you to lead with courage and make an impact.

Reflect on what you've learned this week. How has understanding the zones helped you clarify where you are and where you want to go?

What commitments will you make to continue moving toward fearlessness in your leadership?

Write three commitments for navigating the zones with purpose and fearlessness. Share these commitments with a trusted mentor or colleague for accountability.

Congratulations

You've taken an honest and courageous journey through the zones of leadership, gaining clarity on your strengths, growth areas, and highest potential. By reflecting on where you are and where you want to go, you've moved closer to fearlessness.

TAKE A MOMENT TO CELEBRATE YOUR GROWTH

Take pride in the self-awareness and progress you've achieved. You've not only explored your leadership zones but also built a roadmap for continued growth and impact.

MOVING FORWARD

- » Revisit your SWOT analysis and insights regularly.
- » Keep stepping into your Zone of Genius and embracing bold risks.
- » Empower others through delegation and collaboration.

As you go forth, keep growing, leading, and moving through the zones toward your fearless potential!

The most amazing souls will show up to cheer you along the way, but this is your game.

– TARA MOHR



