



Unleash Your Brilliance Bootcamp

Important Teleseminar Details

- Topic:** Unleash Your Brilliance Bootcamp
Module 2 – Key Ingredients In Your Brilliant Toolkit
- Speaker:** Carolyn Ellis, Success Strategist
Founder of BrillianceMastery.com and ThrivePrinciples.com
- Date:** Tuesday, November 10, 2009
- Time:** 1:00-2:15 pm est/10:00-11:15 am pst
- Duration:** 75 minutes approximately
- Call Early:** We'll start promptly according to www.Time.gov
- Be sure to print this action guide out and bring it to the call!**

SPECIAL NOTE: We will start promptly according to www.Time.gov.
Please dial-in five minutes early so you don't miss any content. Your courtesy is appreciated ☺



Unleash Your Brilliance Bootcamp

Goals of the Program

- ✓ Discover and tap into your unique brilliance so you can be in alignment with your purpose
- ✓ Identify common obstacles to brilliance and how you can masterfully shift out of them with confidence, clarity and speed
- Introduce you to key components of your Brilliance Toolkit so you can uplevel and master your “inner game”
- How to transform adversity into opportunity using the THRIVE Principles™
- Simple and powerful strategies to break free of traps of comparing yourself to others, people pleasing and second-guessing yourself
- Understand how to create authentic alignment from the inside out, so your purpose and passion can create a profitable business
- Learn 2 specific techniques to powerfully connect and resonate with your clients (or your family, friends) on an energetic basis
- Create your unique Brilliance Blueprint so you can handle criticisms, resistance and the unexpected with ease, grace and flow



- My goal is to have you complete the Unleash Your Brilliance Bootcamp with your Brilliance Blueprint – your personal roadmap that will support you to live in your brilliance every day.

Course Logistics

4 modules – Nov. 3, 10, 17 and December 1

75 minute classes – some lecture, highly interactive and Q&A

Study guides and recordings will be posted at:

www.UnleashYourBrillianceSummit.com/bb



Module 2 – Key Ingredients in Your Brilliant Toolkit

To a H_____, everything looks like a N_____

Road to Brilliance is NOT L_____. It's a S_____

“E_____ is a one-way street. Once you start,
you can't turn around. “



THREE SHIFTS FOR A SOLID FOUNDATION

The G_____

- From where you are to where you want to be
- Feels uncomfortable – and it's supposed to not feel comfortable
- Think of the trapeze artist

R_____ F_____

- Fear doesn't mean you're not capable, brilliant or deserving. It is not Truth.
- Reframe it: F_____ E_____ And R_____
- Expect it
- Celebrate it – it means you're moving out of where you are

Your S_____ C_____

- Every experience, relationship has a purpose
- Part of the uniqueness of you
- If your soul created this curriculum just for you, what is the lesson you wanted to learn?



YOUR BRILLIANT TOOLKIT

What Tool is Best Suited to Remove the Rock?

Four Aspects

- M_____
 - Skills
 - acquire knowledge
 - conscious awareness

- E_____
 - internal beliefs
 - programming,
 - subconscious

- P_____
 - taking action
 - doing something

- S_____
 - Intuition
 - heart's desire
 - sense of being part of something larger than yourself
 - superconscious

Possible Tools

THRIVE Principles™
 Brainstorming
 Journalling
 Masterminding
 Planning, Bold Goals
 Visualization

THRIVE Principles™
 Journalling
 Creative expression
 Visualization

Break into baby steps
 Accountability
 Physical activity

Meditation, prayer
 Journalling
 Active imagination
 Acts of service
 Stillness, awareness



THE THRIVE PRINCIPLES™

The biggest R_____ are likely found in your own H_____.

When facing adversity or challenge you have two options:

B_____ S_____ OR D_____ S_____

A Guiding Compass

T _____

H _____

R _____

I _____

V _____

E _____



APPLYING THE THRIVE PRINCIPLES™

Visualization:

Think of a situation you are currently facing where you feel stuck.

Which one of the THRIVE Principles™ jumps out at you to offer a possible solution?

What is one action step you can take to incorporate or address that particular THRIVE Principle™? Make it specific and measurable, if possible.



THE THRIVE PRINCIPLES™

TRUST

I trust myself. I trust that everything happens for a reason. I trust that I can handle everything life brings me.

HONESTY

I am willing to tell the truth to myself and others. Honesty really is the best policy.

RESPONSIBILITY

I am responsible for my thoughts, words and actions. I am responsible for my self-care.

INTEGRITY

I do what I say. I say what I do. I am a person of my word.

VISION

I am fuelled and guided by the big picture I create for my life. I am willing to move toward my vision, even if I don't know "how" I will get there.

EXPRESSION

I am committed to being my authentic self. I express all my emotions in healthy ways. I feel vital and alive.



THREE ROADBUMPS TO BRILLIANCE

1. Second Guessing Yourself

BRILLIANT TIP:

Be a S_____ and try an E_____.

2. Comparing Yourself to Others

BRILLIANT TIP:

“T_____ F_____ M_____!”

3. People Pleasing

BRILLIANT TIP:

What other people T_____ of you is N_____ of

Y_____ B_____.

