



Unleash Your Brilliance Bootcamp

Important Teleseminar Details

Topic: Unleash Your Brilliance Bootcamp
Module 4 – Surfing the Waves

Speaker: Carolyn Ellis, Success Strategist
Founder of BrillianceMastery.com and ThrivePrinciples.com

Date: Tuesday, December 1, 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/bbc



Module 4 – Surfing the Waves

Jon Kabatt-Zin

“You can’t stop the waves, but you can learn to surf.”

Rogue Waves

- Lack of S_____
- Lack of R_____
- Lack of K_____
- Lack of F_____
- Lack of E_____
- Life’s C_____ B_____



KEYS TO STAYING ON THE SURF BOARD

Keep your E_____ on the H_____

C_____ and C_____

Wear your L_____ P_____

G____ with the F_____

Goal

Create a B_____ B_____ so you can sustain and shift
back into your Brilliance



BRILLIANCE MASTERY - RECAP

5 Step Process of Mastering Your Brilliance

1. S _____ the L _____
2. D _____ a Room with a V _____
3. S _____ the R _____ T _____
4. Start D _____
5. P _____ Your F _____

Four Aspects

- M _____
- E _____
- P _____
- S _____



6-C's BRILLIANCE ALIGNMENT PROCESS - RECAP

1. C _____

2. C _____

3. C _____

4. C _____

5. C _____

6. C _____



YOUR BRILLIANCE BLUEPRINT

This is Y_____ R_____ to how to handle the unexpected with
E_____, G_____ and F_____

3 Step Process

1. D_____ Cracks in Your Foundation

2. R_____ to Your Brilliance: Eyes to the Horizon

3. Take I_____ A_____



YOUR BRILLIANCE BLUEPRINT - Sample

Step 1 – DIAGNOSE CRACKS IN YOUR FOUNDATION

Clues/signs that I am out of alignment with my true brilliance – review mental, emotional, physical and spiritual aspects

Signs:

- I can't get back to sleep because I'm thinking of all of my "to do's"*
- I feel I am a fraud. My inner critic tells me "Who do you think YOU are?"*
- I think I don't matter, that I don't have what it takes to make a difference in the world*
- I feel overwhelmed and don't know where to start*
- I procrastinate. I distract myself and play games on my iPhone*
- I get short-tempered and sarcastic - with others, particularly with me*
- I stop exercising regularly*
- I wake up feeling anxious, my chest feels constricted*
- I eat chocolate and sweets that contradict physical health goals*
- I don't make time for regular meditation practice or yoga*
- My journaling gets sporadic*

Step 2 – Reconnect to Your Brilliance: Eyes to the Horizon

My Unique Brilliance or Gift is:

I inspire new possibilities.



My Brilliance Emotional Sparkplugs are:

Confidence Surrender Humility

How Being my Brilliance Serves the World:

I feel grateful and blessed to be alive. When I speak with people, I see a spark light up within them to see new possibilities. I feel a heart connection with others. I empower others to fearlessly and effortlessly create and express their highest potential. I see myself as a beacon of light, joining with other lights to illuminate a more conscious, loving and connected family on earth.

Step 3 – Take Inspired Action

What specific actions can you take NOW? Consider mental, emotional, physical and spiritual spheres.

- Contact my Brilliance Team:** *Susan, Betty, my mother, Sarah, Jason*
- Stop immediately when I notice I'm contracted. Take 5 deep belly breaths.*
- Ask powerful questions - What can I learn from this experience? Where is the gift here for me? Get quiet and listen to my inner guidance.*
- Write any negative dialogue out in my journal*
- Do daily self-acknowledgements in my journal (at least 10)*
- Take a walk, get outside and enjoy the fresh air - at least 5-10 mins.*
- Put on some loud music and sing, dance*
- Identify what I am grateful for, what IS working*
- Identify my next baby step I can take to unleash my brilliance. Do it now.*



YOUR BRILLIANCE BLUEPRINT

Step 1 – DIAGNOSE CRACKS IN YOUR FOUNDATION

Clues/signs that I am out of alignment with my true brilliance – review mental, emotional, physical and spiritual aspects

Signs:

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Step 2 – Reconnect to Your Brilliance

My Unique Brilliance or Gift is:

My Brilliance Emotional Sparkplugs are:



How Being my Brilliance Serves the World:

Step 3 – Take Inspired Action

What specific actions can you take NOW? Consider mental, emotional, physical and spiritual spheres.

- Contact my Brilliance Team:** _____

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