



Unleash Your Brilliance Bootcamp

Important Teleseminar Details

- Topic:** Unleash Your Brilliance Bootcamp
Module 1 – Finding the Cracks in Your Foundation
- Speaker:** Carolyn Ellis, Success Strategist
Founder of BrillianceMastery.com and ThrivePrinciples.com
- Date:** Tuesday, November 3, 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/bc



Module 1 – Finding the Cracks In Your Foundation

CORE PRINCIPLES

1. Your B_____ will only grow as B___ as Y_____ are willing to grow Y_____
2. Information without A_____ is a waste of time

THE MECHANICS OF SUCCESS

What is your definition of success?

SUCCESS is an I_____ job

You can't build a skyscraper on a F_____ that's designed for a one room log cabin.



5 STEP PROCESS OF MASTERING YOUR BRILLIANCE

1. **S_____ The L_____**
 - Where are the rocks?
 - Where are you are starting from?
 - How do you get in your own way? Identify limiting beliefs, unconscious programming

2. **Design a R_____ with a V_____**
 - Where do you want to be?
 - What's your brilliance?
 - Get connected to the bigger purpose, the bigger WHY

3. **S_____ the R_____ T_____ from Your Brilliance Toolkit**
 - How to remove the rocks and unleash your brilliance
 - E.g. THRIVE Principles™
 - E.g. 6-C Brilliance Mastery Process
 - E.g. visualization

4. **Start D_____**
 - Take inspired action, use consistent, baby steps
 - Experiential
 - Information plus action = wisdom and results

5. **P_____ Your F_____**
 - Anchoring and claiming your experience
 - Mastering shift back into brilliance in face of objections, obstacles, criticisms
 - Guided by your Brilliance Blueprint



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



THE WIRING OF WOMEN

- Women are genetically wired to be the g_____. Men are wired as the h_____.
- We are intuitive.
- We always s_____ the p_____ and e_____ environments in which we live.
- It's relatively easy for us to m_____ (and we take pride in it!)

Women in the Workforce

- Women in the w_____ learned primarily from m_____.
- Traditional workplace – get ahead by leading with m_____ energy, l_____ brain skills (analytical, linear).
- Feminine l_____ in a state of evolution.
- The rise of e_____ is unprecedented.
 - Every day 420 women start a new business (3x the rate of men).



STEP 1 - SURVEY THE LAND

“If I was a 100 watt light bulb, on average I put out _____ watts.”

On a scale of 1-10, with 1 being “Never” and 10 being “All the time” circle the appropriate rating for you.

Taking rejection personally

1 2 3 4 5 6 7 8 9 10

Wanting people to like you or approve of you

1 2 3 4 5 6 7 8 9 10

Look outside yourself for answers

1 2 3 4 5 6 7 8 9 10

Feel like you have to do it all yourself (Superwoman)

1 2 3 4 5 6 7 8 9 10

Minimize yourself and/or your accomplishments

1 2 3 4 5 6 7 8 9 10

Reluctant to ask for help

1 2 3 4 5 6 7 8 9 10



STEP 2 - DESIGN A ROOM WITH A VIEW

Perturbation

- How a piece of coal becomes a diamond
- Does that kind of pressure feel familiar?
- Contraction and expansion – there is always both. Can't have one without the other

What Does Brilliance Mean to You?

Some Results When you Live in Your Brilliance?

The Results When you Play Small?



YOUR BRILLIANT MOMENT

VISUALIZATION

What was happening? Who was there?

How did you feel? Where do you feel that in your body?

What were some of the thoughts that you had? What did you tell yourself?



What would someone who was impacted by you have to say about you?
How would they describe you?

What were the 2 or 3 specific feelings (your Brilliance Sparkplugs) you
had when you experienced your moment of Brilliance?

Complete the following statement: "My Brilliance is that I
_____."



NEXT STEPS

1. Go back to the ratings you gave yourself in Step 1 – Survey the Land (p. 8). For anything that you scored a 2 or higher, what is one thing you can identify that would need to change in order for you to give yourself a 1? Make a commitment in the next 7 days to take action on those areas.

2. Connect on a daily basis with the Brilliance Sparkplugs you discovered in Step 2 – Design a Room with a View (p. 10-11). Take a moment to re-energize yourself with the vibrations of those feelings. Journal 5-10 minutes at least 3 times this week about what you notice from connecting to your Brilliance Sparkplugs.

Additional Notes
