



Unleash Your Brilliance Bootcamp

Important Teleseminar Details

Topic: Unleash Your Brilliance Bootcamp
Module 3 – Creating Authentic Alignment from the Inside Out

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

Date: Tuesday, November 17, 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 3 – Creating Authentic Alignment from the Inside Out

DEFINITIONS

A _____

- genuine
- real
- not false or copied

A _____

- arrangement in a straight line
- state of agreement or cooperation among persons, groups, nations with a common cause or viewpoint

Shortest D _____ between 2 points is a straight line

What needs to be in alignment?



ENERGETIC TRANSMISSION

Everything is E_____

Effective C_____ needs a powerful and clear
T_____

More important that W_____ you say is W_____ is saying it

What creates S_____ in your Transmission?

Consequences of Static?

Communication is much more than just V_____. It is an
E_____ T_____



HEAD VS HEART

H_____ - source of S_____

H_____ - source of S_____ S_____

Need to work with both H_____ and H_____

Characteristics of Head

Characteristics of Heart



THE 6-C'S BRILLIANCE ALIGNMENT PROCESS

Steps to create E_____ alignment, flow from the inside out

P_____ the P_____ vibrationally

1. Confidence

- I_____
- E_____ H_____ gets done on an ongoing basis
- Defuse I_____ C_____
- Release L_____ B_____
- Consistently making E_____ C_____

2. Clarity

- I_____
- Your unique B_____
- What do you see out there?
- Feel the D_____ you make in the world
- Soul's P_____ for you being here – and growing into it daily

3. Connection

- Bridge – from I_____ to E_____
- Choose to connect and speak from H_____
- F_____ P_____ within Y_____ F_____,
and then speaking from that place



THE 6-C'S BRILLIANCE ALIGNMENT PROCESS

4. Communication

- E_____
- S_____ - F_____ as possible
- S_____ with the end in mind
- Speak from your A_____ A_____ and mission

5. Conviction

- E_____
- C_____ but not A_____
- Choosing to stay in your C_____
- C_____ and C_____

6. Celebration

- I_____ and E_____
- Practice of S_____ - A_____
- Support of E_____ and S_____ - E_____
- G_____ and H_____
- Celebrating the C_____ - with others, with life



BRILLIANCE MASTERY AND BRILLIANCE ALIGNMENT

BRILLIANCE MASTERY

S _____ S _____

Survey the Land

Design a Room with A View

Select the Right Tool from
Your Brilliance Toolkit

Start Digging

Pour Your Foundation

BRILLIANCE ALIGNMENT

E _____ O _____

Confidence

Clarity
Connection

Communication

Communication

Conviction
Celebration



TECHNIQUES FOR BRILLIANCE ALIGNMENT

CONFIDENCE

Clearing - Exercise

“What thought or belief would I have to be willing to give up in order to show up as the most powerful and authentic me I can be?”

“Is there anything else I need to do in order to be clear to show up as the most powerful and authentic me I can be?”



TECHNIQUES FOR BRILLIANCE ALIGNMENT

CONNECTION

Tuning In and Turning it Up

Your services or products TRANSFORM your clients. What is the feeling or energetic experience they have as a result of working with you? If you have experienced that kind of transformation yourself, recall what that felt like for you.

Speak from THAT energetic space.



TECHNIQUES FOR BRILLIANCE ALIGNMENT

CELEBRATION

Like taking a spiritual vitamin

Some practices you can do in less than 4 minutes a day

Self-acknowledgement

Daily intention and gratitude statement

Creates a context for the day

Prime the pump vibrationally

Way to anchor, stay grounded



NEXT STEPS

1. Create your own list of clues that tell you when you're operating from your head or operating from your heart. Practice shifting into speaking from your heart when you are having conversations this week. Journal at least twice this week about what different insights or results you see in your communication as a result of being more fully aware of this head/heart distinction.

2. At least once this week, before you have an important conversation or situation to face, practice clearing yourself energetically first. Notice any shifts in your experience as a result.

3. Write your own celebration/gratitude statement and use it this week.

Additional Notes
