

Express Your Brilliance — A Brand Your Brilliance Experience



Phase 1: Awareness



Awareness Check-in

Where are you right now in your life?
Describe your current season honestly — without judgment.

A large, empty rectangular box with a thin black border, intended for the user to write their response to the awareness check-in questions.

My Values

You are, what you believe you are.

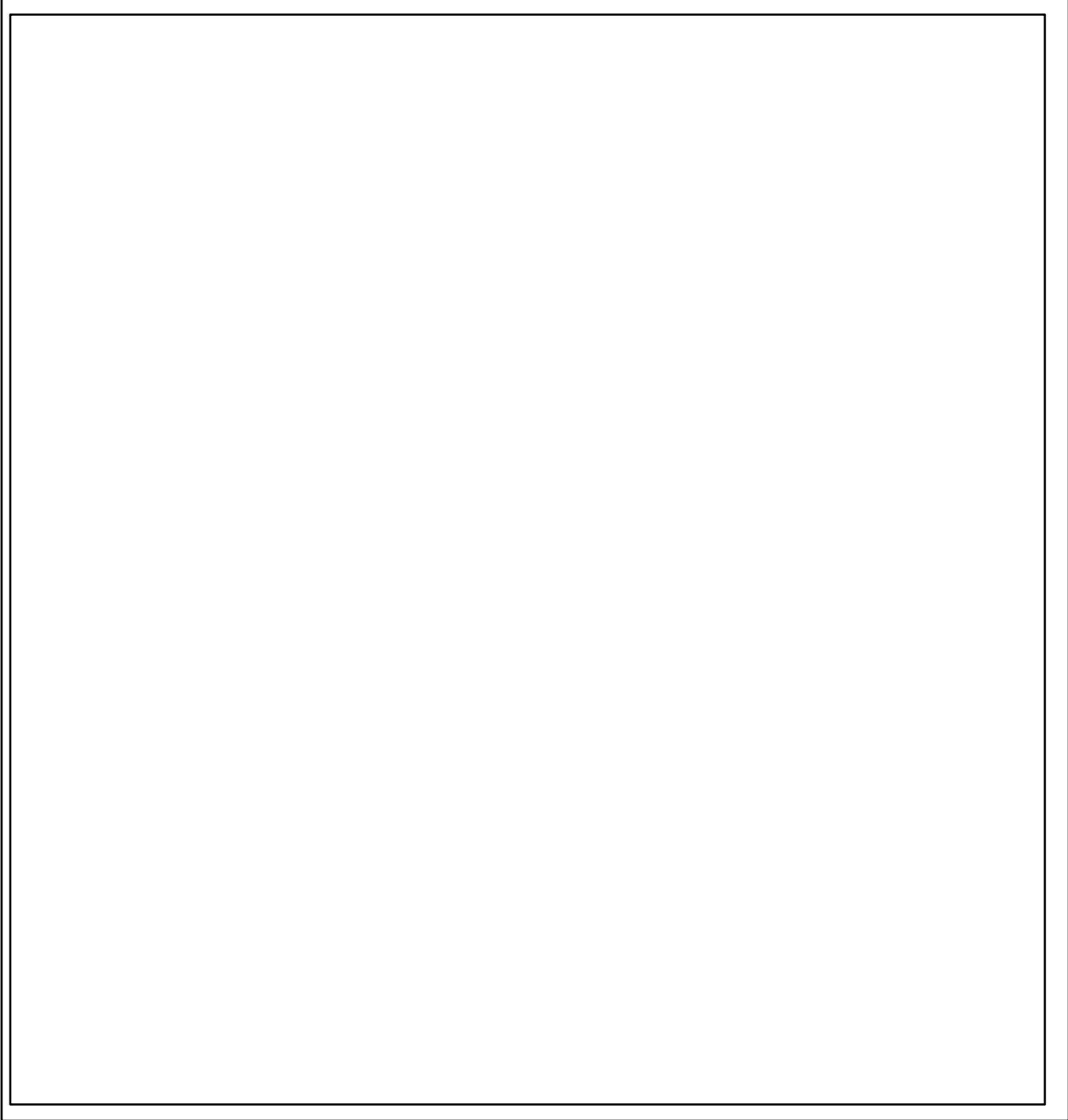
Sample Value List

| ME | Work/Effort | Communications |
|----------------------|-------------------|-----------------------|
| Confidence | Initiative | Love |
| Honesty | Organization | Kindness |
| Integrity | Knowledge | Bonding |
| Truthfulness | Technical Ability | Sincerity |
| Responsibility | Energy | Listen |
| Enthusiasm | Willpower | Ask |
| Drive for Success | Efficiency | Understanding |
| Ambition | Drive | Determination |
| Creativity | Professionalism | Encourage |
| Constancy | Commitment | Compliment |
| Courage | Discipline | Humor |
| Quest for Knowledge | Perseverance | Powers of Persuasion |
| Positivity | Quality | Powers of Negotiation |
| Acceptance of Change | Follow Through | Supportive |



Core Values – First Pass

List the values that you believe guide your decisions today.
Just write what comes to mind.

A large, empty rectangular box with a thin black border, intended for the user to list their core values. The box is positioned centrally on the page below the instructions.

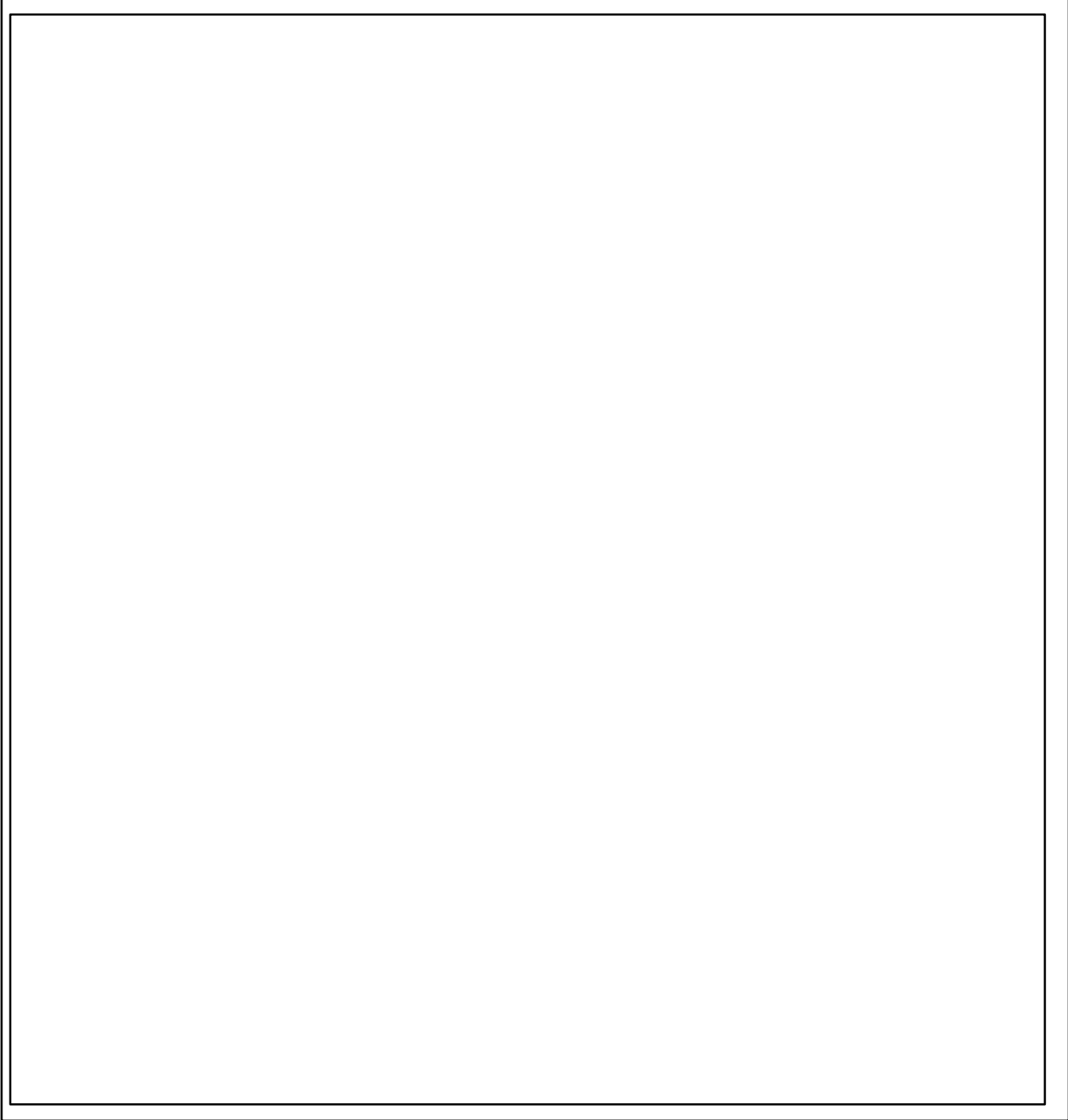
Core Values – Refinement

From your first list, circle or rewrite the 5–7 values that feel MOST true right now.

A large, empty rectangular box with a thin black border, intended for the user to write down their refined core values.

Value Conflicts

Where are your actions out of alignment with your values?
Name specific situations, behaviors, or patterns.

A large, empty rectangular box with a thin black border, intended for the user to write their responses to the questions above.

Strengths – As You See Them

What do YOU believe you are good at?
List skills, traits, and ways of being.

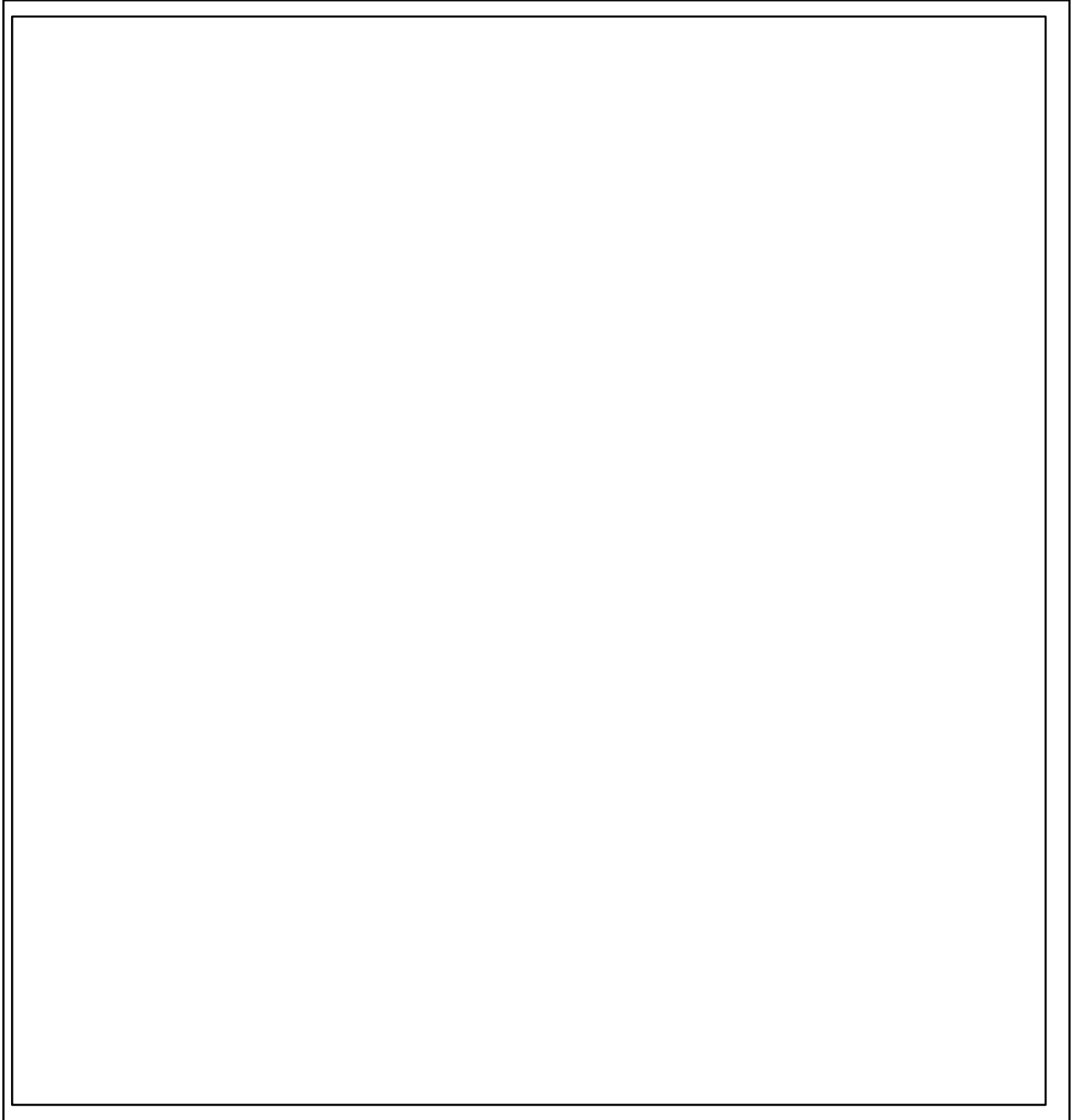
A large, empty rectangular box with a thin black border, intended for the user to list their strengths, skills, traits, and ways of being.

Strengths – As Others See Them

What do people thank you for?

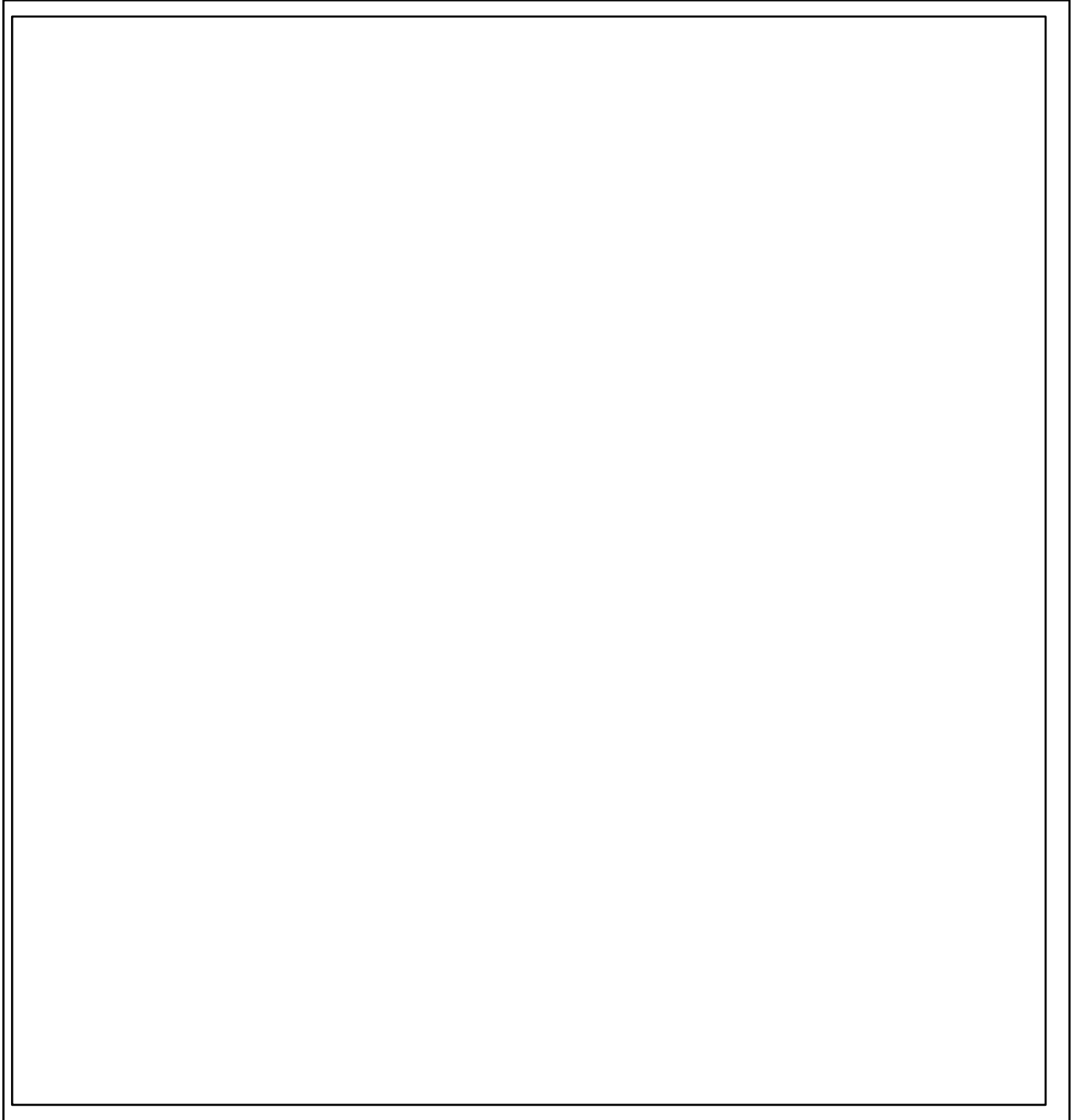
What do they rely on you for?

What compliments do you hear repeatedly?

A large, empty rectangular box with a thin black border, intended for the user to write their responses to the three questions listed above.

Identity Stories

Write a few stories that shaped how you see yourself.
They can be positive, painful, or mixed.

A large, empty rectangular box with a thin black border, intended for writing the identity stories mentioned in the text above.

Beliefs to Re-examine

List beliefs about yourself that might be outdated, limiting, or inherited from others.

Phase 2: Alignment



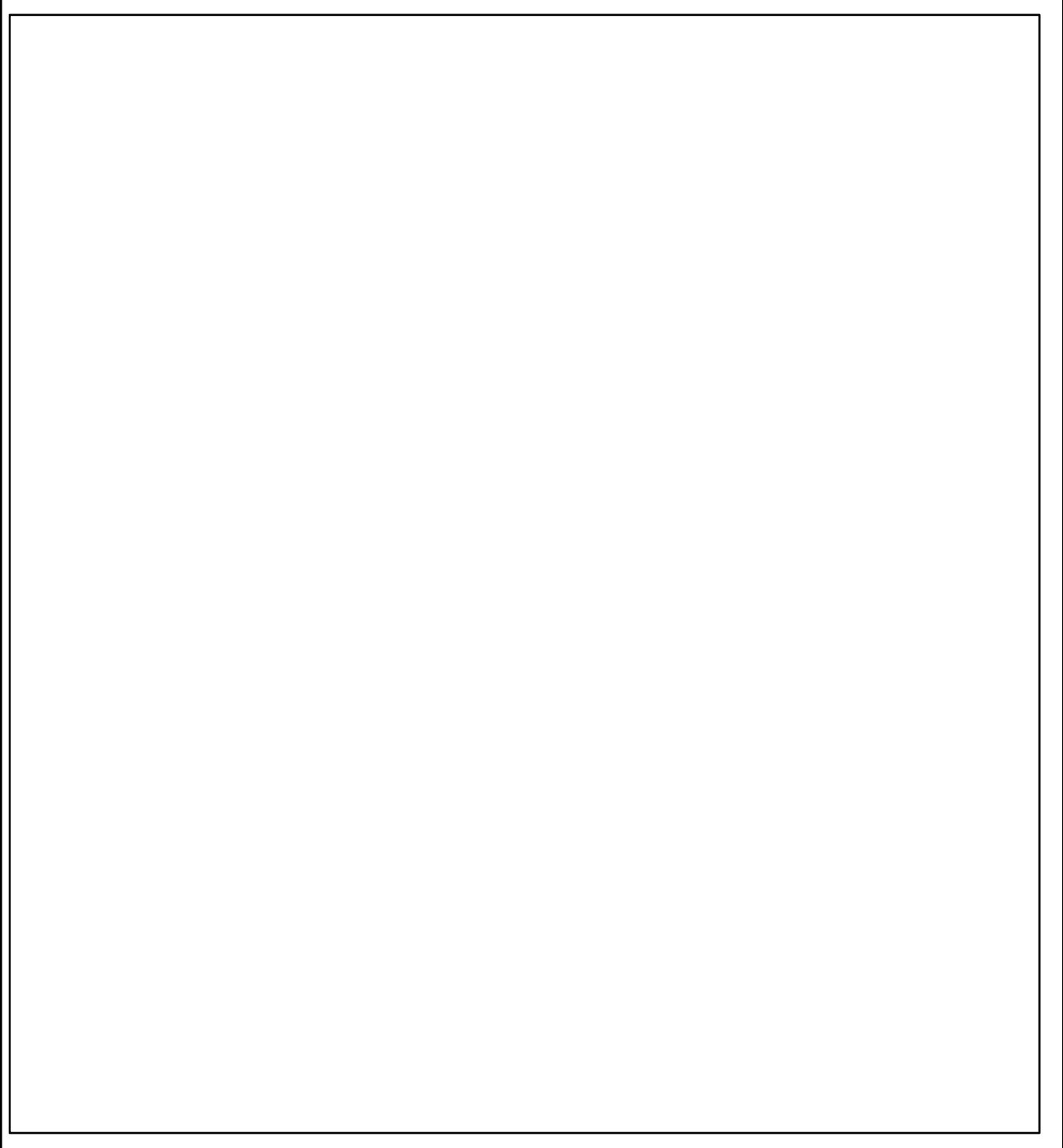
Purpose Exploration

When do you feel most alive, useful, or connected?
Describe moments that matter deeply.

A large, empty rectangular box with a thin black border, intended for the user to write their responses to the questions above.

Impact You Want to Make

If your life naturally creates impact, what kind of impact do you want it to be?

A large, empty rectangular box with a thin black border, intended for the user to write their answer to the question above.

Alignment Scan

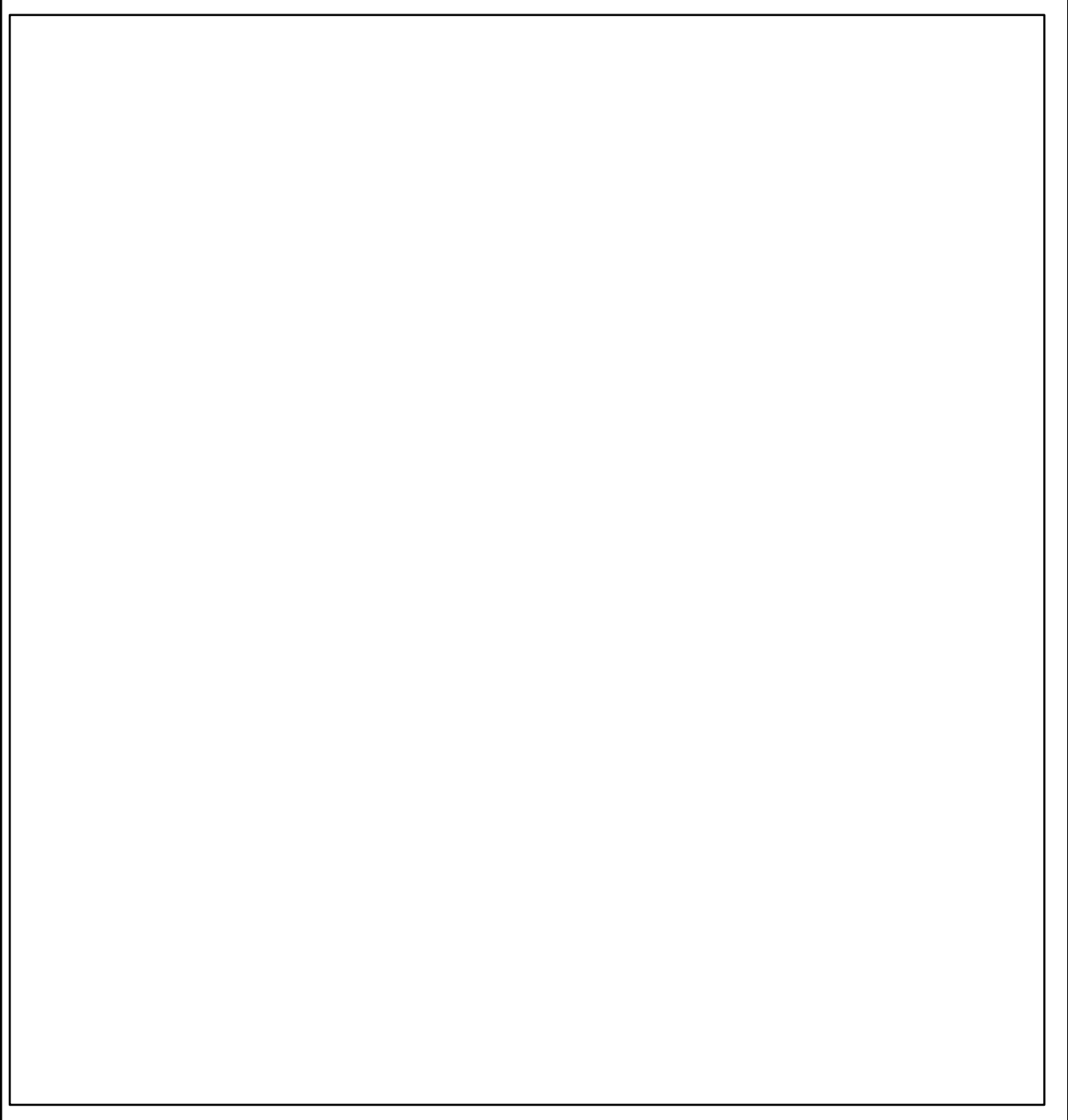
Where in your life do you feel in alignment?

Where do you feel out of alignment? Be specific.

A large, empty rectangular box with a thin black border, intended for the user to write their responses to the questions above.

Energy Audit

List activities, people, or spaces that drain you.
Then list those that fuel you.

A large, empty rectangular box with a thin black border, intended for the user to list activities, people, or spaces that drain or fuel them.

Environment Fit

Describe environments (physical, social, emotional) where you feel safe, strong, and seen.

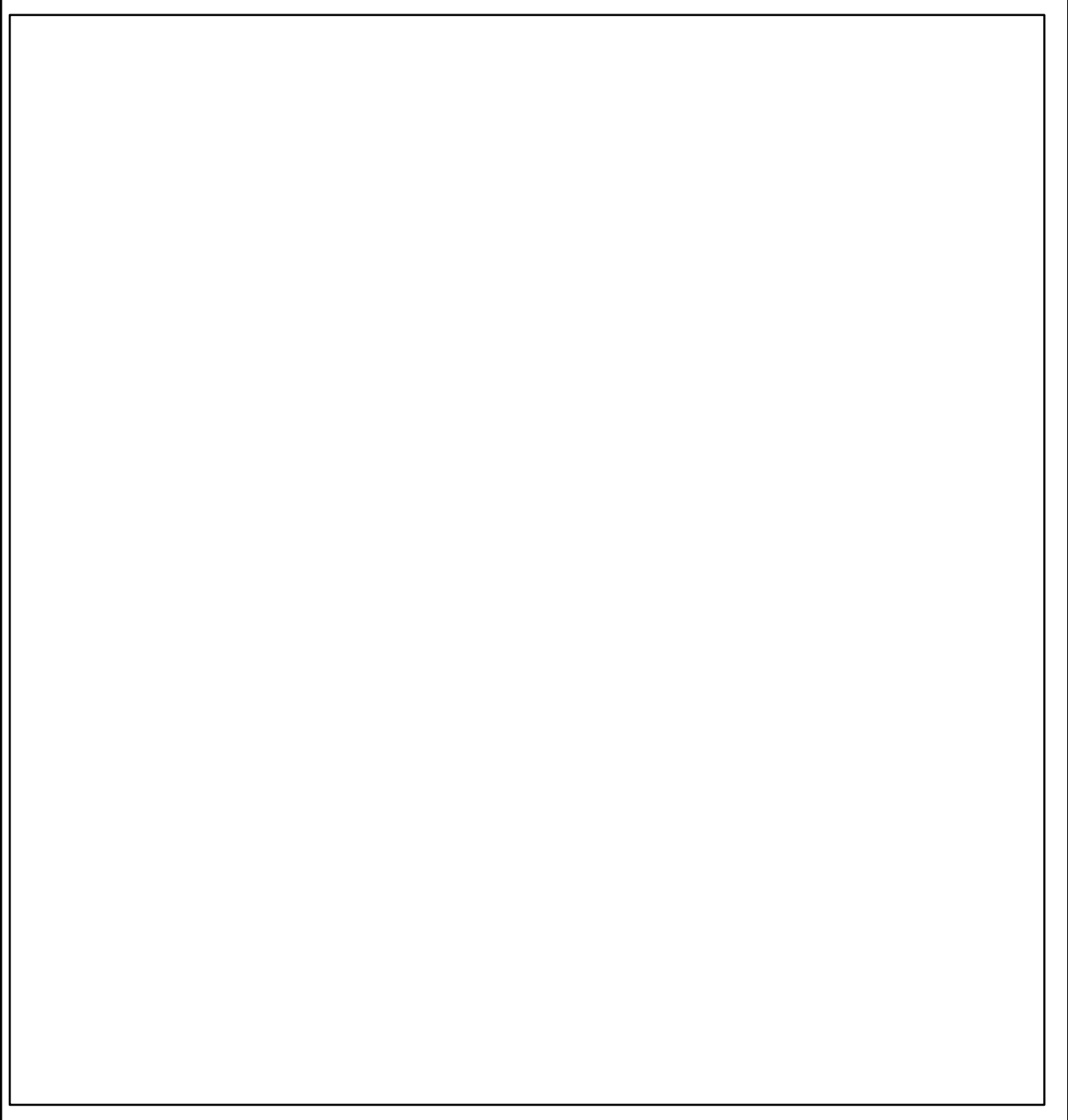
A large, empty rectangular box with a thin black border, intended for the user to describe environments where they feel safe, strong, and seen.

Decision Filters

Create 3–5 questions you can ask yourself before making important decisions.

Non-Negotiables

What becomes non-negotiable for you moving forward?
List boundaries, standards, and commitments.

A large, empty rectangular box with a thin black border, intended for the user to write their non-negotiables, boundaries, standards, and commitments.

Alignment Commitments

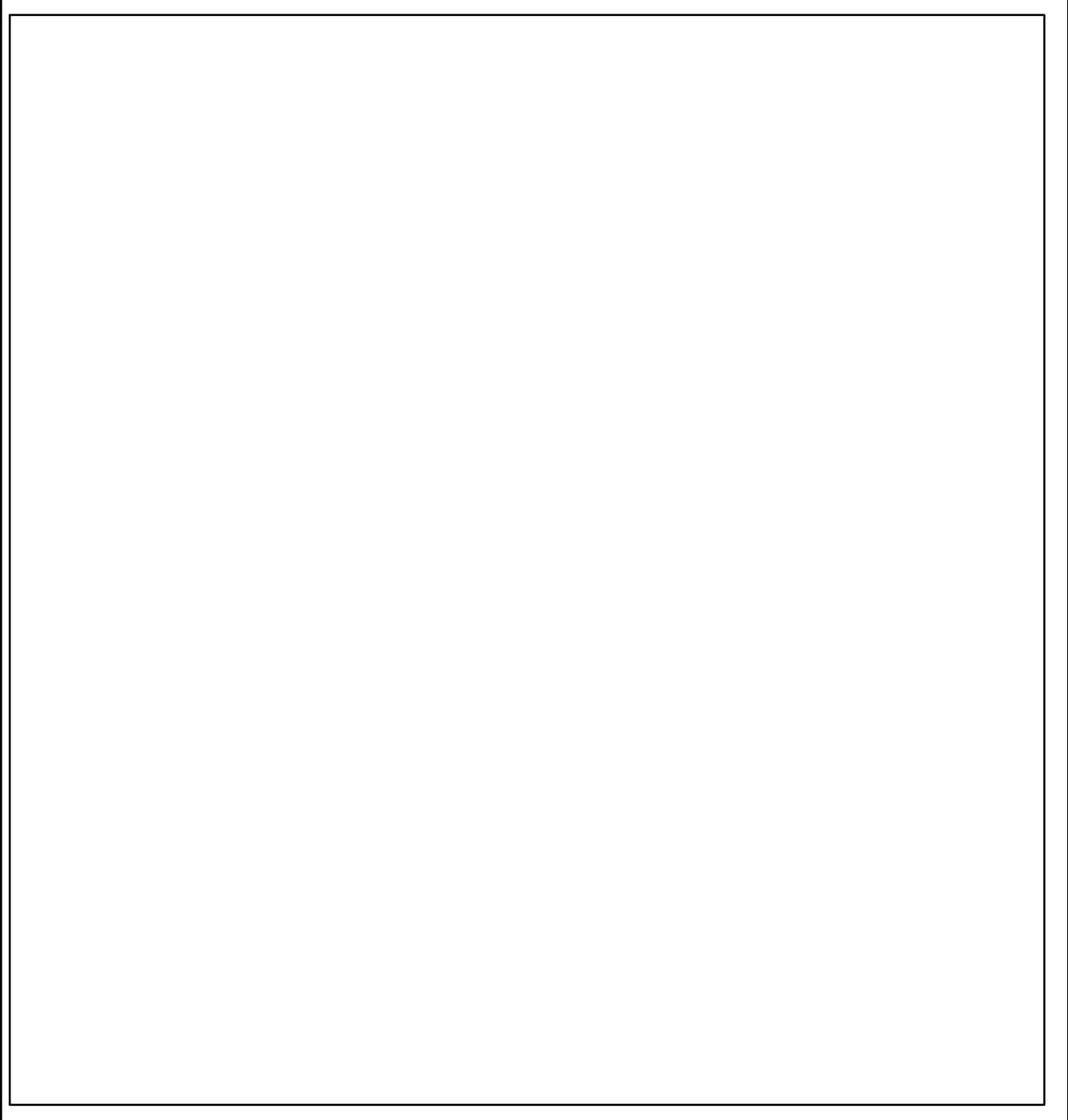
Write 3–5 alignment commitments that will guide your next season.

Phase 3: Expression



Current Expression

How are you currently showing up in life, work, and relationships?
Describe honestly.

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompt above.

Desired Expression

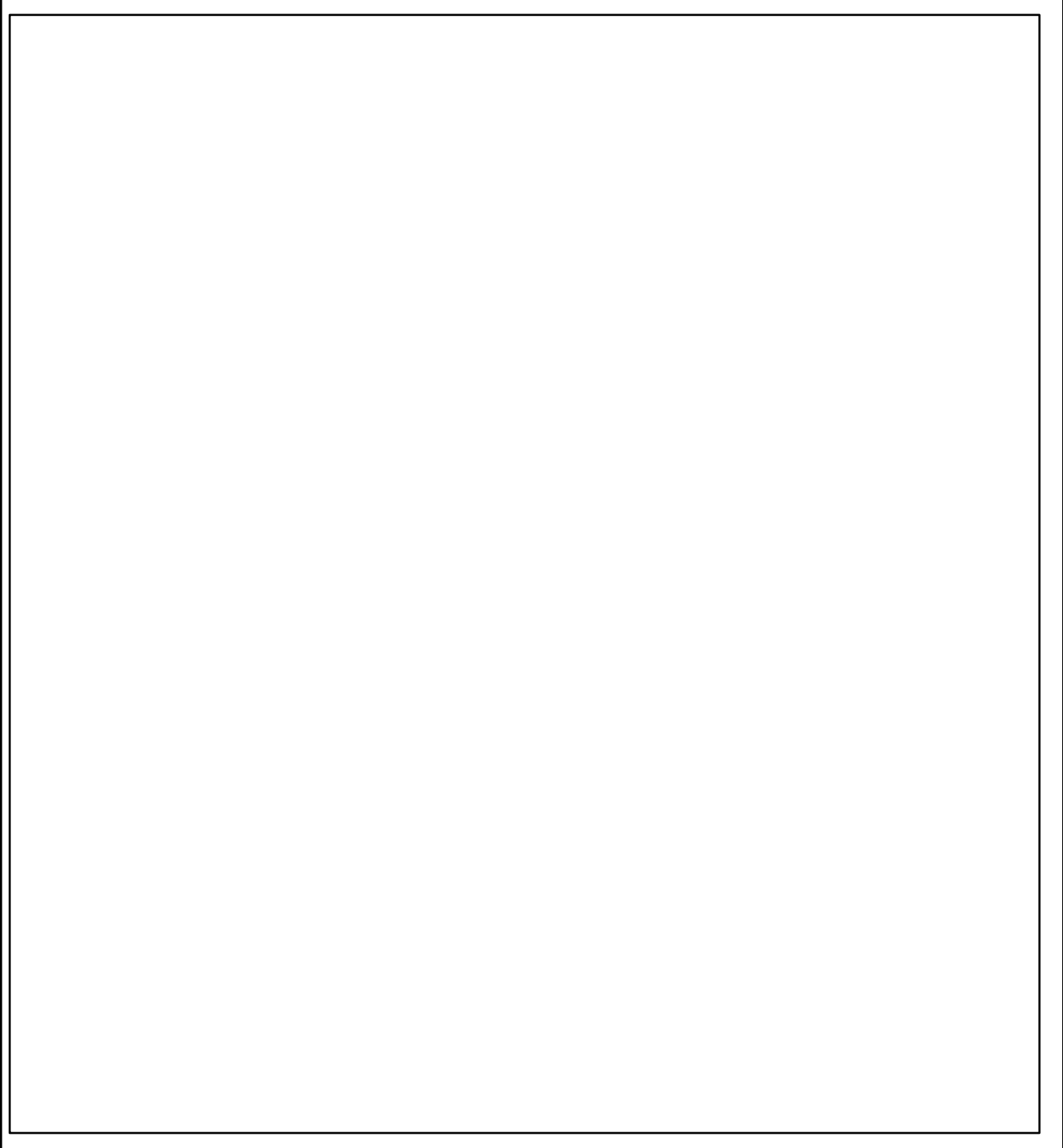
How do you want to show up?

Describe your calm, grounded, powerful self in action — specifically.

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompts above.

Gap Analysis

What is the gap between how you show up now and how you want to show up?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

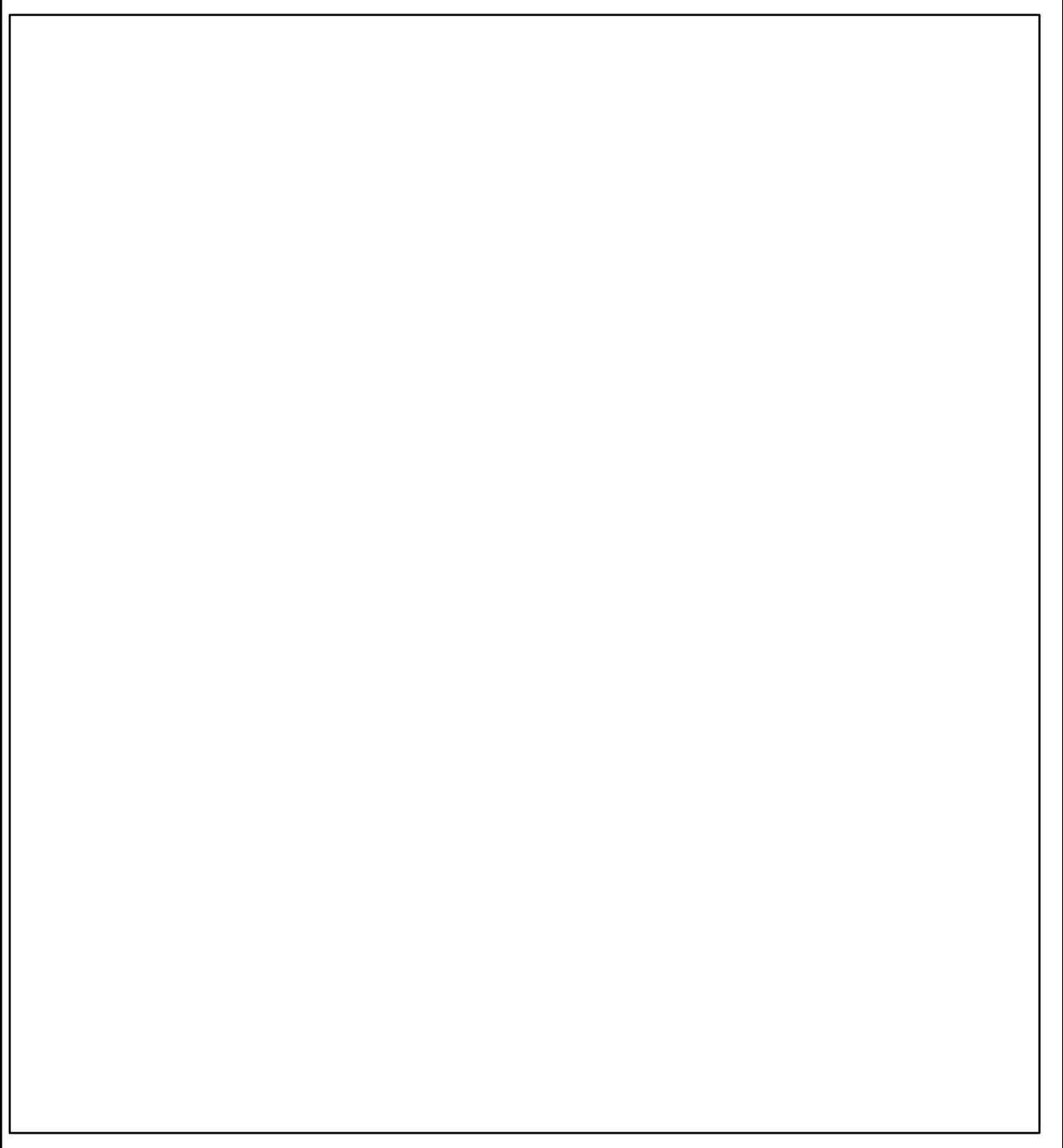
Brilliance Language

List words, phrases, or themes that feel TRUE to your identity and values.

A large, empty rectangular box with a thin black border, intended for the user to write their words, phrases, or themes.

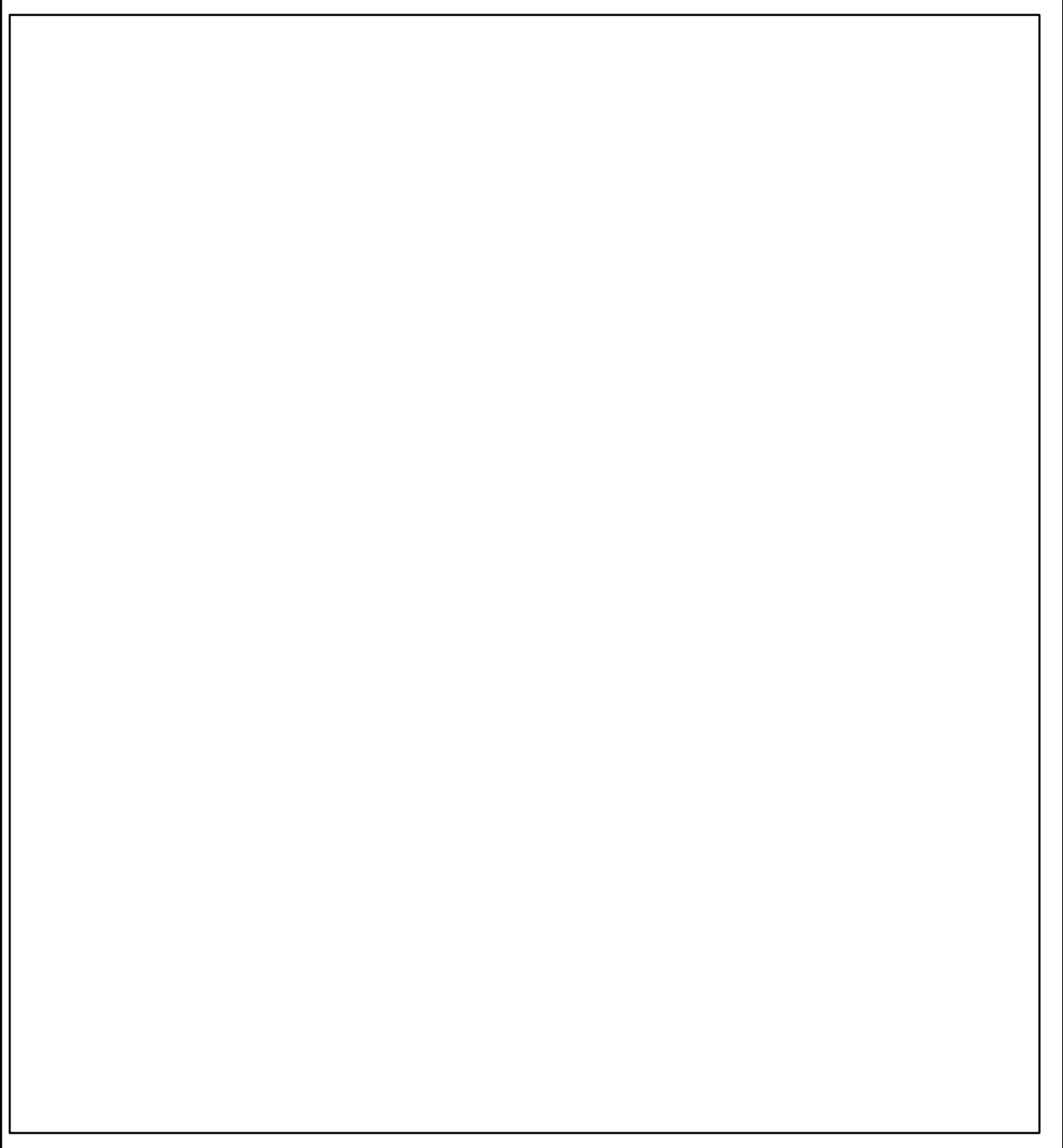
Visibility Practice

Where can you practice being a little more visible, honest, or bold in a safe way?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

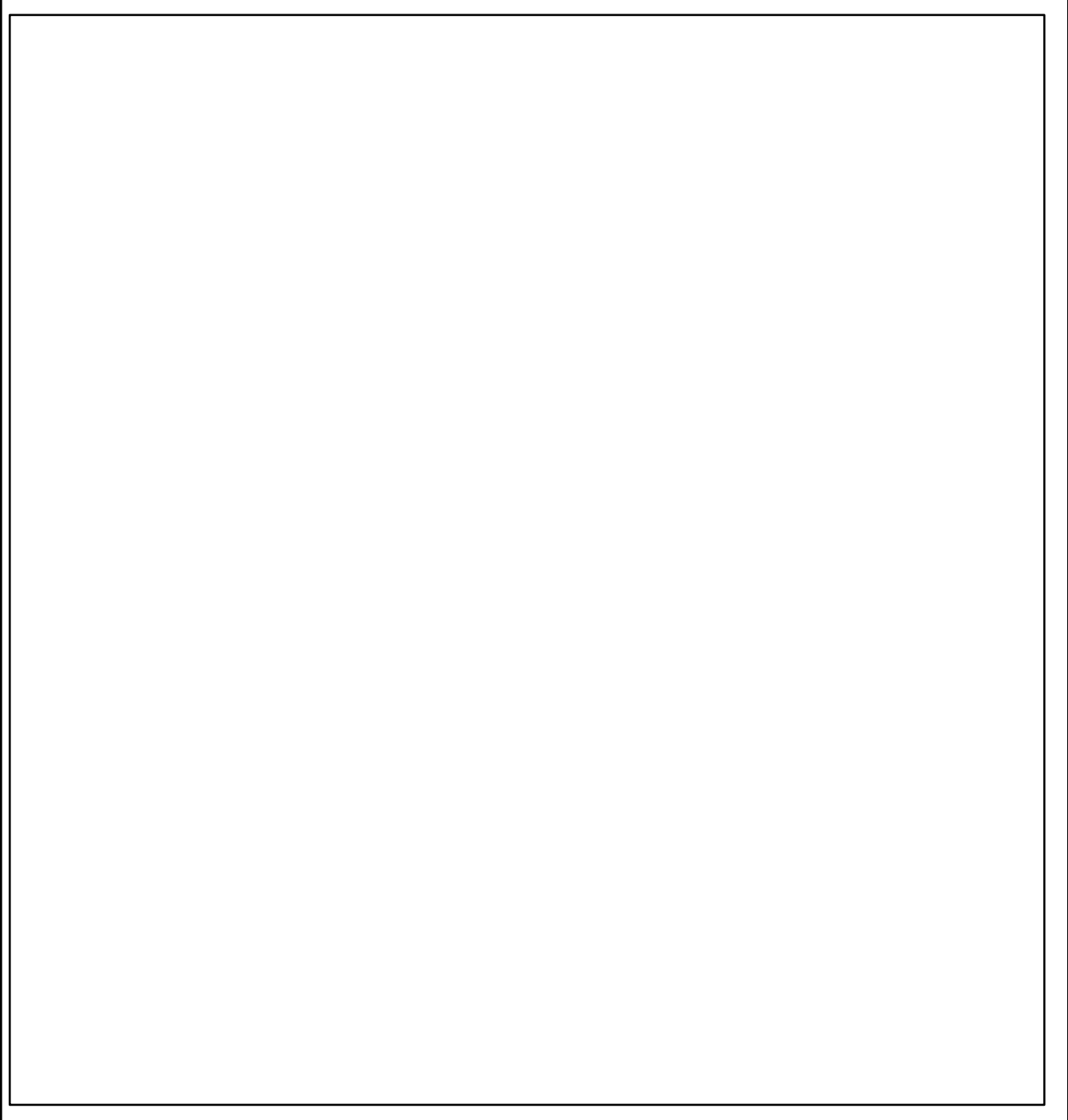
Role Expressions

How do you want to express your brilliance as a parent, partner, leader, friend, etc.?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

Support Systems

Who or what supports your expression?
Identify people, tools, or practices that help.

A large, empty rectangular box with a thin black border, intended for the user to write their response to the questions above.

Expression Plan

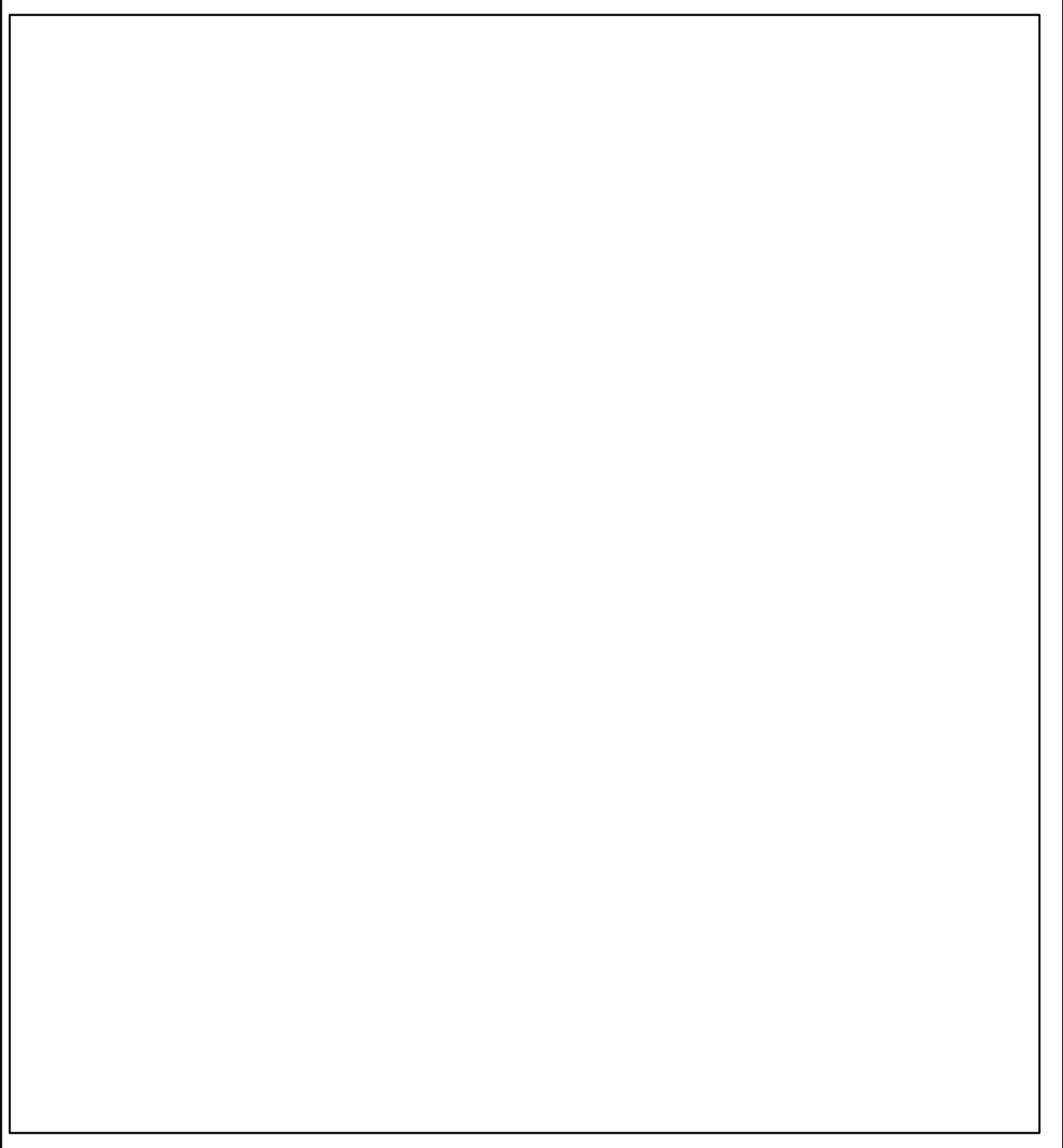
List 3–5 specific ways you will express your brilliance over the next 30 days.

Phase 4: Integration



Integration Checkpoint

What has shifted in your awareness, alignment, or expression so far?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

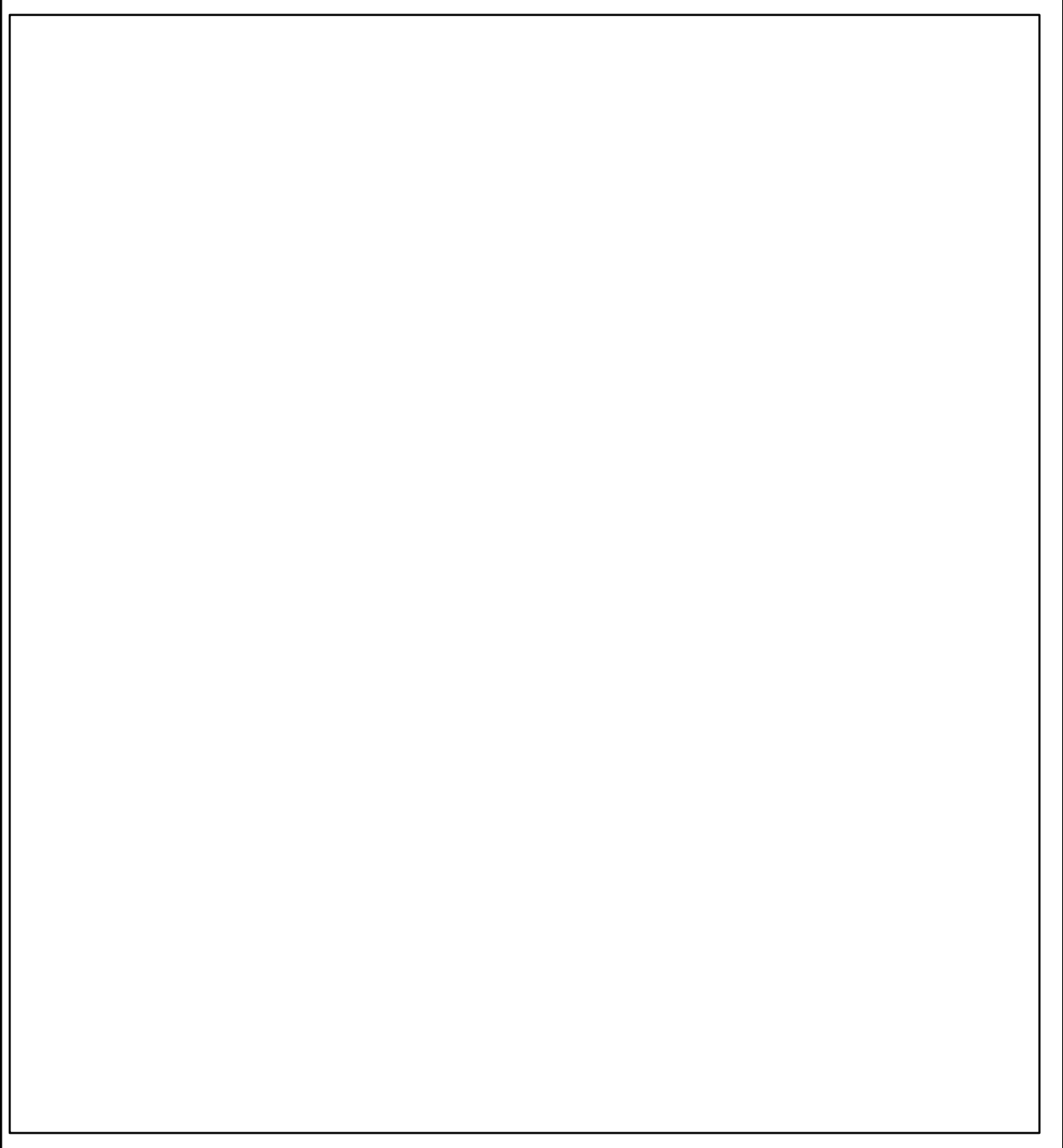
Daily Alignment Rituals

Design 1–3 simple daily rituals that keep you grounded in who you are becoming.

A large, empty rectangular box with a thin black border, intended for the user to write their daily rituals. The box occupies most of the page's vertical space below the instructions.

Weekly Review

Create a short weekly check-in process to review choices, energy, and alignment.

A large, empty rectangular box with a thin black border, intended for the user to write their weekly check-in process. The box occupies most of the page below the instructions.

Boundary Scripts

Write simple phrases you can use to hold your boundaries with clarity and respect.

Handling Resistance

How will you respond when fear, doubt, or old patterns return?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

Momentum Plan

List the habits, people, and environments that will help you keep momentum.

Brilliance Blueprint Summary

Summarize your values, strengths, purpose themes, and key rituals in one clear statement or framework.

Next 90 Days

What will the next 90 days of aligned, intentional living look like for you?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above. The box is centered on the page and occupies most of the lower half of the document.

Reflection Journal



