

Brilliantly  
Resilient.®



DISCOVER YOUR BRILLIANCE  
C H A L L E N G E



WORK(ish) BOOK

# Hey There! **WELCOME!**



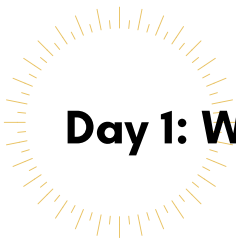
You're Brilliant.

Yes, we're talking to you! Each and every one of us has Brilliance within us, and it's your responsibility to share yours with the rest of us. In case you haven't noticed, the world's in a bit of a mess. We need you.

So, let's put the false modesty aside, because time's a wastin'! You are Brilliant, we know it, and it's time you knew it, too.

This work-ish book will help you to discover what your Brilliance is. And before you get all "Whine...whine...whine...This is too hard..." it isn't. Your Brilliance is your gift; it's your happy place.

It's time to get to work(ish). So, power through this book, review the videos as you like, and let's get started!



## Day 1: What Is Brilliance?

There are many definitions of Brilliance, but remember this one from Carol Lempert that we just love:

**Your Brilliance is your unconscious competence.**

Unconscious. Our Brilliance comes so naturally to us that we don't even think about, and that's part of the problem. To begin to discover your Brilliance, let's review the take-aways for Day 1:

- Everyone has their own Brilliance.
- Your Brilliance has its roots in your childhood.
- Your Brilliance comes naturally to you.
- Your "adult" Brilliance can be an adaptation of your childhood happy place.

It's time to go back—in your mind and your memories—to your childhood happy place. Answer the questions below—really dig deep and think about your Brilliantly Resilient childhood self—and let's begin to unearth your Brilliance!!

1. Back to Basics: What did you love to do as a kid? Was there anything you always gravitated to when you had free play time?

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2. As you grew, did you expand the ways you enjoyed your favorite things? (For example, if you loved to color, did you begin to draw? If you loved to play outside, did you begin to play sports?) What activities made you lose track of time?

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3. Now let's dig deeper. What skills and interests did your childhood joys show you? (Beginnings of you being a creative, a logical thinker, etc.)

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4. Does any of your life today reflect what you loved to do as a child? If not, why? Where are you now in your Brilliance journey? Do you feel you're missing something? What is it? Think about this for tomorrow's session!

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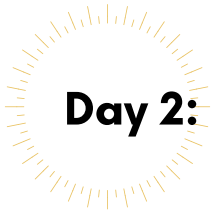
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## Day 2: How Do I Discover My Brilliance?

Day 2 is about listening—to your gut. It’s telling you something about what you should, or shouldn’t, be doing. And it’s not gonna be quiet until you pay attention.

Your Brilliance is yelling at you to be heard. And here’s how to listen.

Day 1 was about going back to your roots to find the beginnings of your Brilliance. That’s where your amazing-ness started, but it’s not where it stopped. Your life up to now has “wins”—those times when things went right, you felt awesome, and whether you knew it or not, you were sharing your Brilliance. Today’s lesson in discovering your Brilliance is to identify your natural skills by going back and listing your wins and best qualities and finding the common threads and transferrable skills you bring with you. Here are the take-aways for Day 2:

- Your “wins” will reflect your Brilliance.
- There are common skills tying your wins together.
- Your transferrable skills help you manifest your Brilliance in many ways.

Let’s talk about your wins. It’s time to list all of the cool stuff about you, so here goes!

1. Our amazing friend, Linda Larsen encourages everyone to keep a “Finest and Best List.” Linda wants you to celebrate all of your great qualities, whether you’ve shown them to the world once or many times, by writing down your answers to this: “At my Finest and Best, I am...” Here’s the link to a cool download on our website:

<https://lp.constantcontactpages.com/su/Aln0o9g/BRfreebies>. You can also write down some of your Finest and Best moments on the lines below. (And check out Linda Larsen at: <https://www.lindalarsen.com>.)

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2. Next, our buddy Shiobhan Olivero suggests keeping a WIN journal. Yes, do that. But for now, let's list your wins (any time you had that YES!!! feeling) on the lines below.

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3. Now let's bring other folks into the mix. Do people ask to "pick your brain?" What about? How do others see you?

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4. Okay, you've created your own Finest and Best List, tracked your wins, and thought about how others see and rely on you. Let's take it a step further. Transferrable Skills: What do all of your wins, finest and best qualities and your relationship to others have in common? What skills do you notice that you use over and over again? How do the items above complement each other? Do you see yourself being creative? Do you love solving problems? Did you love being team captain or project leader at work? Make a list of the transferrable skills that you use consistently.

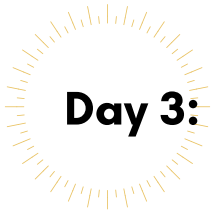
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## Day 3: What Is My Brilliance & How Do I Share It with the World

Day 3 is about one thing: The action step that gets you started on the path to discovering and sharing your Brilliance with the world. Yes, it can be scary to put yourself out there. But remember our friend Grant Baldwin from The Speaker Lab who reminds us: “Everyone starts from zero.” Take a look at today’s take-aways and answer the questions below.

- Pay attention to “the tug.” It indicates where your Brilliance lies.
- Your Brilliance Brain Dump will complement your transferrable skills.
- Brilliance begins one action step at a time.
- Begin from a place of service to share your Brilliance.

1. Okay, this is one of our favorite exercises—the **Brilliance Brain Dump!** In column one, you’ll list everything you feel “the tug” towards doing and accomplishing. Don’t hold back. Dream as big as you can! This is the place to record anything and everything you’ve ever wanted to do. Once you’ve listed as many things as you can, read over your list, and number your top three “tugs”—those dreams that come back to you over and over again. Then, in the column next to your Brilliance Brain Dump, write down the transferrable skills you uncovered in the last session. Look at both columns. Which skills do you already have that would be useful in creating an action step towards one of your goals?

### Tugs/Dreams

### Transferrable Skills

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## Think About It:

2. If your goal isn't concrete and you're not sure where to start, there's no place better to share your Brilliance than in service to others. Make a list of all the places you see a need in your world. Do any of these needs "speak" to you? How can your innate Brilliance, combined with your skills, serve those people and needs?

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3. Is there something you want to create? A book, a program, a business? Write down three steps you can take to start your dream.

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4. Who can you collaborate with to jump start your Brilliance? Who can you add to your tribe?

*(Making good connections and networking helps you create ambassadors. It allows you to leap forward in your work. ~ Jennifer Lynn Robinson)*

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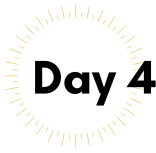
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5. Okay, this is it. It's time to commit. WHAT IS YOUR ONE STEP?

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## Day 4: What's Next—Bring YOU to your Brilliance; Own the Mindset & ACT

Being Brilliantly Resilient requires confidence. You've gotta own your Brilliance and Resilience. Today we'll work on owning the Brilliance mindset and bringing YOU to your action step. Keep these take-aways in mind for today's exercises:

- Always bring YOU to your Brilliance.
- Own the Brilliantly Resilient mindset.
- Initiate your action step.
- Don't be married to outcomes.

1. Was there ever an experience when you didn't bring your "you-ness" to a situation or opportunity? What happened? How would you change that event if you could?

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2. Use Tiffany O'Donnell's mantra to discover and reaffirm your own Brilliance. Answer the following:

- I AM Brilliant at xyz. (Name your Brilliance)
- I CAN make a difference by sharing my Brilliance. (Acknowledge how your Brilliance can help.)
- I WILL bring my Brilliance and share it with the world.  
(Commit to contributing and sharing your Brilliance—it's your responsibility!)
- I DO take action.  
(Detail the how, when and where you will implement your action step. Commit to a timeframe.)

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## Think About It:

3. Think about what might happen if you get a different result from your action step than you had planned. How will you react? What might you do next? (Don't be married to outcomes!)

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4. Detail your Brilliance one more time and tell how you envision sharing it with the world.

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**One more thing**....Being Brilliantly Resilient is your right and your responsibility. The world needs you to share your gifts and talents. Your Brilliance is in you and when we offer our Brilliance to the world, we all Rise. But you may still be unsure of exactly what your Brilliance is. Guess what? It's not important that you know. It's important that you DO. Action—serving others and offering your best self to the world is all you need to do to discover your Brilliance.

When you serve others, your Brilliance will show itself. It always does. Now, it's your turn to show us your Brilliance. Let's go. Reset, Rise and Reveal your Brilliance!  
Remember, WE NEED YOU!

Don't forget to tune in for our wrap up session, and now, in the words of our good buddy, Chip Baker, founder of The Success Chronicles, "Go get it!"

**Congrats on being Brilliantly Resilient!**

XO,

Kristin & Mary Fran

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**EVEN MORE RESOURCES TO UNCOVER  
THE FACT THAT YOU ARE**



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## Our Brilliantly Resilient Experts!

Please check out the websites of our Brilliantly Resilient Guest Experts, below. We are proud to know them and grateful that they shared their amazing stories of Resilience and Brilliance with us!

**Rob Angel** Creator of Pictionary, Speaker, Author of the Best-Selling book Game Changer. [robangel.com](http://robangel.com).

**Violette de Ayala** Founder, FEM City, Best-Selling Author of The Self-Guided Guru. [violetteedayala.com](http://violetteedayala.com).

**Chip Baker** Founder, The Success Chronicles, Author of Growing Through your Go Through. See Chip's [FB page here](#).

**Grant Baldwin** Founder of The Speaker Lab, Speaker, Trainer. [grantbaldwin.com](http://grantbaldwin.com).

**Dr. David Fajgenbaum** Physician-scientist, Speaker, Author of Best-Selling memoir, Chasing My Cure: A Doctor's Race to Turn Hope Into Action. [chasingmycure.com](http://chasingmycure.com).

**Dr. Jennifer Gardella** Social Media Expert, Speaker. [jennifergardella.com](http://jennifergardella.com).

**Bobbi Kahler** Founder, Unyielded. [bobbikahler.com](http://bobbikahler.com)

**Linda Larsen** Motivational Speaker, Corporate Consultant, Hall of Fame Speaker. [lindalarsen.com](http://lindalarsen.com).

**Carol Lempert** Speaker, Actress, Corporate Trainer. [carollemper.com](http://carollemper.com).

**Tyler J. McCall** Instagram Guru, Online business growth coach. [tylerjmccall.com](http://tylerjmccall.com).

**Tiffany O'Donnell** CEO, Women Lead Change. [wlcglobal.org](http://wlcglobal.org).

**Shiobhan Olivero** Attorney, Speaker, Family Law Expert. [oliverolaw.com](http://oliverolaw.com).

**Selena Rezvani** Leadership Expert, Speaker, Corporate Trainer, Author of the best-selling Pushback: How Smart Women Ask and Stand Up for What They Want. [selenarezvani.com](http://selenarezvani.com).

**Jennifer Lynn Robinson** Speaker, Trainer, Consultant. [purposefulnetworking.com](http://purposefulnetworking.com).



## Meet the Brilliantly Resilient Dynamic Duo!



**Kristin Smedley** is a 2x Best Selling Author, TEDx Speaker, CEO and Creator of the Thriving Blind Movement. With two of her three children born blind, Kristin was thrown into a mother's nightmare with her dreams for her sons' futures torn apart. Determined that her boys would become productive, vital individuals, Kristin dove headfirst into uncharted waters to equip her sons with the skills and tools they needed to build successful, happy lives. Kristin partnered with Comcast to encourage and promote equipment for the visually impaired, testified before the FDA, achieved legislation for better services for the blind, founded a non-profit for genetic disease research, delivered a TEDx talk and wrote the best selling book, *Thriving Blind*. Find her at: [www.kristinsmedley.com](http://www.kristinsmedley.com).



**Mary Fran Bontempo** is an award-winning 2-time TEDx speaker, author, humorist, and podcast host who teaches audiences to uncover their brilliance and resilience 15 minutes at a time. A sought-after presenter, Mary Fran is author of *The 15 Minute Master* and *The Woman's Book of Dirty Words* and co-founder of the Brilliantly Resilient program, show and podcast. A Huffington Post, Entrepreneur.com, and Thrive Global contributor and columnist for numerous websites, Mary Fran created a life-affirming brand of wisdom and wit after meeting the challenge of her son's heroin addiction. Find her at [www.maryfranbontempo.com](http://www.maryfranbontempo.com).