

Brainstorming Your

BRILLIANCE



Oprah Winfrey, Steve Jobs, Ann Leibovitz, Warren Buffet, Serena Williams, Bill Gates, Ellen Degeneres, Frank Loyd Wright, Brené Brown, Tony Robbins, Elizabeth Gilbert, Sara Blakely, Kylie Jenner, Gordon Ramsey, Jenna Kutcher, Kobe Bryant, Deepak Chopra, Wayne Dyer, Joanna Gaines, T Swift, Bobbie Brown, Ed Sheeran...

What do all these people have in common?

THEY ARE PASSIONATE ABOUT WHAT THEY DO!

And you wanna know what? Money loves Passion!

It makes sense doesn't it... All these people are SUPER passionate about what they do. *But why is it that when someone is passionate about what they do, the money naturally follows?*

This is where energetics comes into play my friend. When a person is passionate the frequency that is activated within them is high-vibe and the reach of that energy is immense. **You could say passion creates a high-vibe vortex.**

And if you notice from the list above, medium doesn't matter. Technology, investing, sports, connecting and interviewing, the arts, writing, photography, public speaking, sharing your journey, inventing, spirituality, teaching, food, social media and business, make up, song writing or guiding people in their personal growth and development... When you **ARE PASSIONATE** about something you become obsessed - in a good way. **You want to do the best, be the best, and GIVE the best.**

And that obsession leads to *being an expert at your craft and what you do!*



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WE ALL HAVE A PASSION, or MULTIPLE PASSIONS...

Yes ALL of us, even you. If you look back to when you were a kid, there were things you loved, things you woke up excited for, things you got lost doing.... And then LIFE HAPPENED!

Adulting, jobbing, money, status, safety and security got in the way! Savings, mortgages and 401Ks became important and your passions fell by the wayside. You traded your passion for the practicality, responsibility, your 9-5 and a pay check and then... A PANDEMIC HITS! And all of a sudden, you have time to question your life, and you wonder what it was all for. With time on our hands, it's time to explore!

There are things that bring us joy, that engage our mind, body and spirit. Things that light us up and at times can take us over. And if you pay attention you'll notice they are always there, tugging at you, begging you to pay attention to them.

You my friend are an infinite being having a human experience... It's time to find out what your passions are. What would be worth spending your time doing. What would light you up so much that the money would flow! It's time to look at all the yumminess and goodness you could experience and see where the "juice" is for you!

Your job on the next 4 pages is to simply brain dump, so that you can marinate in the potential paths of your life. There will be NO action taking or conclusion making from this process, just...

BRAIN DUMP → MARINATE → MEDITATE → RUMINATE → REFLECT

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This is where your brainstorming begins. Allow the questions below to move you. Allow yourself to reflect and remember your passions. Let your mind run free my friend. Check your judgements and "shoulds" at the door. On the other side of this door is magic, I promise.

What activities do you enjoy or LOVE doing? Think back to when you were a kid and adulting had no meaning. List them below:

What things in life do you know better than other people? Like you get mad about how others do it, because you know a better way? List them below:

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Circle ALL the categories below that you would say you have a particular skill set or expertise in. If you don't see something, write it in. Come on, humble-brag!

Health Food Cooking Well-being Spirituality Having fun
Family Business Marketing Sales Social Media Love
Relationships Parenting Play Outdoor activities Sports
Numbers Accounting Reading Writing Dance Art Music
Video games Working out Animals Plants Gardening
Nature Crystals Jewelry

What kind of problems do people come to you to solve?
List them below:

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What kinds of people do you relate best to?
List them out below:

What kinds of people are naturally drawn to you?
List them below:



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What kind of problems are you good at solving?
List them below:

If I gave you \$22 million, what would you be doing with your time every day?



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Time to
MARINATE MEDITATE RUMINATE REFLECT
What do you see? What are you aware of?



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I invite you to stay in this discovery and brainstorming session until we meet for our master class. Continue to ask questions and get connected to the things that LIGHT YOU UP and MOVE YOU!!! Keep this sheet handy to provide you with possibility and insight into your passions or dare I say, BRILLIANCE!

Wanna chat, ask questions or share your brilliance with me?
Email me at: Tamara@mylifemydesign.com