



L.E.A.D. for Women Program
*Leadership Empowerment &
Advanced Development*



Introduction to
Women!
Take the L.E.A.D. & Shine
e-Workbook

An innovative Training Program to Empower Women to Radiate Illumined
Leadership into their Organizations, Communities, & Families
& out to Every Edge of the Earth!



WELCOME!

We are thrilled that you have joined us for this introduction to

“Women! Take the L.E.A.D. & Shine”

In these four video Episodes, we provide you with an introduction to innovative tools and new skills with which to uplift yourself on a daily basis to create solutions to all your challenges, shift to a positive perspective and gain greater clarity in all areas of your life.

You will be amazed at the impact of these easy-to-use tools which you can use at any time to uplift and support you.

This WORKBOOK is provided to assist you to get the very most out of these 4 complimentary Video Episodes. Follow along and participate fully with the exercises, make your personal notations, and by the end of the 4 Episodes you will have started a plan to move forward with what is truly important to you.

Are you ready for some passionate focus and some fun? Okay, let's go!

Betska

Betska K-Burr, The Guru Coach™
CLI Co-President

To learn more about Betska, click [here](#).

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**One of Life’s
Joyous Moments**





Episode #1

“Grabbing the Torch to Take the LEAD and Shine!”

What are my Challenges anyway??!!

Place a check mark beside the challenges below if they apply to you. Notice there is also a spot for you to write/type in other challenges that come to mind. Go ahead! Be open and transparent with yourself.

- I don't express my own emotions because I was told to stuff them.
- I don't feel valued. I don't feel loved.
- I feel vulnerable to the negativity around me. Like I am getting sucked into it.
- I allow many men and women in positions of power to suppress my own power.
- In my job, I try to be like a man instead of being the beautiful woman that I am and thus I have lost my identity.
- I am not happy inside. And peace is illusive.
- I struggle in some of my relationships – even husbands and partners feel threatened by me.
- I don't feel FREE “to be me”.
- I suffer from depression, addictions and health issues.
- Other challenges? _____

In these Episodes, we offer you Step by Step Advanced Solutions that Really Really Work to help you overcome your challenges.

Since we are on this topic! Take a moment to pause the recording.

Now, being totally honest with yourself ☺, write down your **Top Three CHALLENGES** in life in the space below.

My #1 Challenge is Life is: _____

My #2 Challenge is Life is: _____

My #3 Challenge is Life is: _____

Take a moment to pause the recording for a moment of gratitude.

Each of us is very blessed to have people and things in our lives that bring us joy. It could be a partner, a child, a pet, a job, walks in nature, yoga and so on. In this space make a list of the top 3 things you are grateful for in your life. I am sure there are many.

1. I am grateful for _____
2. I am grateful for _____
3. I am grateful for _____

Identifying and Getting rid of Fears – Yay!

“When we have a fear, we attract that fear. Fears are like walls. They stop us.”

Take a moment to pause the recording for the next 3 important exercises.

1. Study the List below. Let it help you as you write down your **Top Three Fears**:
 - a) _____
 - b) _____
 - c) _____

1. Fear of self (lack of confidence, etc.)
2. Fear of others.
3. Fear of ‘God’
4. Fear of a place or a thing
5. Fear of failure
6. Fear of claiming the gifts that ‘God’ has given me
7. Fear of success
8. Fear of change or transition
9. Fear of loss (of what or whom?)
10. Fear of the unknown

11. Fear of repeating a pattern
12. Fear of surrender (to what or whom?)
13. Fear of being alone
14. Fear of remembering the past
15. Fear of survival
16. Fear of a pain: Emotional? Spiritual? Physical? Intellectual?
17. Fear of transforming self
18. Fear of anxiety
19. Fear of prestige
20. Other fears? _____

2. Next, which of the following Values represents a Strength Value of yours? Love, Self-Love, Acceptance, Commitment, Respect, Understanding, Compassion. Write it down here. _____
3. Write down how you can use this Noble Strength Value to get rid of your top three fear(s).



Great job! Next Episode, you'll learn a highly effective tool for getting rid of fears. We'll help you build upon your Strengths to kick out your challenges.

In the meantime, want to dig deeper? Go to www.TheBrainWalk.com and try The Brain Walk® – A Journey for Peace of Mind to determine solutions to your fears.

This is our agreement for the next 3 Episodes:

1. I invite you to be committed to bring out your radiant shining self! Be committed to self while acknowledging the strengths of the men in your life.
2. You will begin to knock out the roadblocks in your life – who needs them anyway!
3. You will take action. Leverage all your strengths, skills and wisdom that create success, make you happy inside, bring you inner peace and make money (if you need it).

You'll learn how to love yourself like you've never loved yourself before.
In the end, that's all there is! Love.





*Use this space to jot notes,
new perspectives and
inspirational insights
from Episode #1.*



Episode #2 How to Be Happy (and Peaceful)



Okay, let's review your Challenges, Gratitudes and Fears from Episode #1.

Now, here is a fab exercise to help you get rid of/minimize your Fears:



Directions to Picture Frame Exercise

1. Take a deep breath from your diaphragm. Close your eyes until advised to open them.
2. Raise your left arm. Imagine, putting an oval picture frame into your left hand.
3. Look in the center of that picture frame and allow your biggest fear to show up in that frame. It may show up as an image or word ... maybe even music.
4. With your eyes still closed, raise your right arm. Imagine, putting an oval picture frame into your right hand.
5. Look in the center of that second picture frame and allow your next biggest fear to show up there. It may show up as an image or word ... maybe even music.
6. Now, at the count of three, literally smash your hands together in order to smash the two picture frames together.
7. In your wisdom eye, allow a positive symbol, object, colour or image to appear.
8. Open your eyes! What does this symbol/object/image represent to you?

9. And how is it a solution to you moving forward in your life?

Great job! You can do this exercise up to 5 times per day!

Typical Roadblocks stopping me from being happy

In this Episode #2, it is also highly rewarding to study the roadblocks to our Happiness. Here are some typical ones. See which, if any, resonate with you.

Emotional:

LOVE: I don't love myself enough because I was never taught HOW to love myself. If I truly loved myself, I would feel happy inside.

TRUSTING SELF: I have stopped fully trusting myself because I can't get anywhere. I feel blocked by my own negative thoughts.

TRUSTING OTHERS: I also don't trust others including governments because everyone seems to have an underlying motive. They have their own selfish agenda. They want something from me. Feels manipulative. Is anyone genuine anymore? Therefore, I feel I need to be guarded all the time and therefore I don't have an open heart – I protect the open heart.

Intellectual:

DEVOTION: Because everyone seems to be out for themselves, I don't feel people are as devoted (loyal) to MY needs as they could be. Therefore, I don't live from my heart and cannot live my true purpose.

BALANCE: I often feel crushed by the weight of the world. Because I am so sensitive I feel the pain of the suffering of humans and animals.

Spiritual:

✚ I have lost that beautiful connection I had with my God, my Higher Power, and therefore I feel lonely and untethered (just floating).

✚ I have chosen (as part of my soul contract) to want to experience unhappiness so that my soul could grow.

✚ I don't trust God as much as I could that s/he is looking after me.

Physical:

✚ Not enough money and this makes me feel stuck – can't do what my heart wants to do.

✚ There is too much stress, responsibilities and so much to do with work and family.

✚ No time for me.

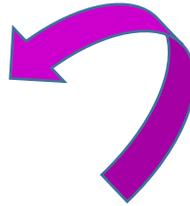
Since we are on this topic! Take a moment to pause the recording.

Now, allow the list on the previous page to trigger your **top three ROADBLOCKS** to being and feeling happy. They may or may not be on the list above. Dig deep for them. Write them down in the space below.

My **#1** Roadblock to Happiness is: _____

My **#2** Roadblock to Happiness is: _____

My **#3** Roadblock to Happiness is: _____



Find your Happiness Zone!

Take a moment to pause the recording again.

Now, make a list of the **top three THINGS/PEOPLE** that **DO** bring you happiness.

My **#1** Thing/Person that DOES bring me Happiness: _____

My **#2** Thing/Person that DOES bring me Happiness: _____

My **#3** Thing/Person that DOES bring me Happiness: _____

Get Ready to Move Further into your Happiness Zone!

In Episode #3, we'll be doing an exercise to shift your roadblocks and your negative beliefs about yourself into positive ones to help you move faster into your Happiness Zone!

Yay!



*Use this space to jot notes,
new perspectives and
inspirational insights
from Episode #2.*



Episode #3

How to Be FREE “to be me”



Thus far we have worked to determine and remove some of your biggest **Fears**.

Awesome! In this Episode the intention is to kick butt and kick out some of your **Roadblocks** by replacing them with new positive beliefs in your subconscious mind. You will begin to set yourself free to be the “YOU” you want to be!

Which of these new beliefs do you think you need to set yourself free?

Emotional:

LOVE: I, _____, now feel very happy inside because my deep love for myself has set me free and therefore I committedly do good things for myself every day. I now radiate that love out to my world around me.

TRUSTING SELF: I, _____, now fully trust my intuition and positive thoughts and thus forward movement happens at every moment of my day.

TRUSTING OTHERS: In my world, the people around me make the best decisions with only the best intentions which positively impact my life. In my world, the people around me are genuine and authentic and thus I live my life with an open protected heart.

A new level of trust of myself and others rises within me and therefore I, _____, have now stepped into my Power, Passion and Purpose.

Intellectual:

DEVOTION: Because I, _____, am now devoted to my precious needs, others are also devoted and loyal to my needs. I am “on purpose”!

BALANCE: I, _____, now use my sensitivity wisely as I daily lift the spirit and well-being of humans and animals alike.

Spiritual:

✚ I, _____, now greatly Forgive myself, everything around me and my Higher Power. With such heartfelt forgiveness and a grounded smile on my face, I now have an unwavering and forever secured connection to my God, my Higher Power.

✚ I, _____, now experience happiness and have the material comfort I need from which I help my world.

✚ God, can you hear me? I, _____, now trust You, my God. Show me Your Grace every day.

✚ My strengths are magnified now and with a renewed vision, thank God that my clear powerful plan is manifested!

Physical:

- ✚ I, _____, now wisely use all the financial abundance which comes to me every day.
- ✚ I, _____, now live my daily life in a peaceful frame of mind as I fulfill my work and family responsibilities.
- ✚ I, _____, have lots of time for me!
- ✚ I, _____, am now a beautiful woman filled with joy, contentment and determination.

Take a moment to pause the recording again to be clear on new beliefs.

Studying the list above, **highlight in yellow** the **top FIVE NEW BELIEFS** you would dearly love to have.

Exercise to Anchor in These New Beliefs!

Today we'll use an exercise to help you anchor in all of these new positive beliefs. Just sit back and relax and enjoy as I guide you. Later, if you sign up for our deeper training sessions, we will share the details of how you can do this for yourself (and others).

Great job! Take a moment now to write down:

1. The results you received from this exercise: _____

2. How is what you received a solution for you to move forward in your life? What is clearer to you now? _____

As we wrap up Episode #3, *How to be FREE "to be me" ...*

In the space below take a moment to write down **your #1 goal for your life at this moment in time**. Do your best to make it a **S.M.A.R.T.** Goal which means be as specific as you can, make sure it is doable and put a time limit to getting it done.

Here is your Homework for Episode #4!

To enjoy what you have accomplished thus far in this program! Wow. You have:

- ♥ Clearly articulated your major Challenges in Life
- ♥ Identified your biggest Fears
- ♥ Learned one way to remove your own Fears
- ♥ Identified the Roadblocks stopping you from being and feeling Happy
- ♥ Kicked butt! You have anchored in new positive beliefs to replace negative ones in your subconscious mind to greatly improve your Happiness Factor.

**Next Episode we'll take a peek at your life from many angles and help you build
"My Personal Plan to Rise, Shine and L.E.A.D."**

Plus! Just in case you wish to continue the learning and continue to greatly transform your life for the better, in Episode #4 we will also launch a training program which follows Episode #4. More tools, more ideas and more LOVE coming your way! Because you deserve it!

*Use this space to jot notes,
new perspectives and
inspirational insights
from Episode #3.*





Episode #4

My Personal Plan to Rise, Shine and L.E.A.D.



**Ha ha! Your Plan may not be this detailed!
Let's make something that works for you.**

Take a moment to study the #1 Goal you wrote down in Episode #3. The #1 Goal you would next like to achieve. To help you determine HOW you are going to achieve that #1 Goal, below are some trigger thoughts listed by Mind, Body and Spirit Mastery.

Mind Mastery

- Turn my negative thoughts instantly in positive ones;
- Hang out only with positive people;
- Read uplifting books, watch positive and non-violent TV and DVD's;
- Ask for high level coaching to help me discover and remove my blind spots;
- Celebrate my strengths daily;
- Other: _____

Body Mastery

- Eat a diet that is healthy for my body and thus my mind and spirit;
- Eat lots of raw fruit and veggies;
- Eat mostly organic foods and non-GMO;
- Seek fresh air daily where possible;
- Exercise several times a week to keep my body happy!
- Other: _____



Spirit Mastery:

- Forgive myself
- Share my feelings with others in a constructive manner so as not to hurt their spirit;
- Remove my judgments of others;
- Take a moment to be in the silence everyday through prayer and/or meditation or something that works for me;
- Always tell the truth;
- Refrain from taking what is not mine;
- Refrain from any substance that distorts my thinking: cigarettes, alcohol, drugs ...
- Show love and commitment to my family and friends;
- Live an ahimsa lifestyle – kind, peaceful and free from violence to all beings.
- Other: _____

Take a moment to pause the recording. Thinking about your goal, studying all the points listed above, plus anything else that comes to mind, write down the **TOP THREE THINGS** you can do to achieve your #1 Goal in life.

The **#1** Thing I need to do to achieve my #1 Goal: _____

The **#2** Thing I need to do to achieve my #1 Goal: _____

The **#3** Thing I need to do to achieve my #1 Goal: _____

*Use this space to jot notes,
new perspectives and
inspirational insights
from Episode #4.*





Be Empowered! Be Unshakeable!

- » Be a Beacon of Authentic Leadership
in Every Area of Life
- » Align with your Noble Core Values
and Unique Vision
- » Activate Whole-Brain Brilliance



Be amazed! Self-Reflection Skills for Genius Solutions and Breakthrough Thinking.

- ★ Inspire Clear Communication and Enriched Relationships - Everywhere
- ★ Step into your Power, Passion & Purpose
- ★ Take your Rightful Place as a Top Leader in Your Organization
- ★ Celebrate the Whole-Life Balance of Personal Fulfillment and Professional Excellence
- ★ Increase your Focus and Organization in every area of Life
- ★ Reduce Stress & Resolve Conflict
- ★ Be a Catalyst of Harmony & Peace
- ★ Be Who You Are! Magnify your Strengths and Create Radiant Success that Ripples Out into the World



***Tackle the Big Stuff with Renewed Vision
& Chart a Clear Powerful Plan Forward***

Women's UPLIFT BaseCamp

Women! Take the L.E.A.D. & Shine

An innovative Training to Empower Women to Radiate Illumined Leadership into your Organizations, Communities, & Families & out to Every Edge of the Earth!



Congratulate yourself on how far you have already come on your journey.

ALL the progress, ALL the lessons learned and wisdom gained, and ALL the goals and dreams already achieved...and ***CELEBRATE!***

NOW, if it's time to take the next step, if you are ready to take it to the next level.

JOIN US for the Women's L.E.A.D. UPLIFT BaseCamp Training.

As women, we all face numerous challenges, personally, professionally and collectively. This Safe & Supportive zone is the perfect space to address these challenges, individually and collectively. This is a gift to yourself to rise above everything that is in your way and stopping you. A time for you to reVision your goals and dreams, clear the path and really get it into gear with a purpose and a plan.

The first step of this journey is the included Fulfillment & Peace in All Areas of Your Life assessment. It provides a very personalized, insightful pause to help identify both your greatest strengths, and, the biggest challenges you face at this moment. This exercise will provide a pivotal map forward for you. At UPLIFT BaseCamp you will find the next step tools, skills and wisdom to lift yourself and others UP & Shine like the radiant woman you are. You'll be amazed at the impact of these easy-to-use tools!

Are you ready to rise & L.E.A.D.?

Great! Join us, because we need ALL your strength and wisdom and gifts in this world.

Join us! Take the Women's UPLIFT BaseCamp Training & Shine!

Women, Rise and take the L.E.A.D.!

Register Now!

<https://cli-global.com/lead-basecamp-registration/>

Your Special Gift



20 Techniques to Personal Power!

- 1. WHAT YOU THINK YOU BECOME.**
Find your blind spots, those unconstructive patterns (thoughts, words and actions) in your subconscious mind, and get rid of them. Our thoughts ARE our actions.
- 2. DECIDE WHAT YOU WANT OUT OF LIFE**
Write out your personal goals every year. Decide on an action plan to achieve them.
- 3. HAVE COURAGE**
Don't let your fears hold you back. Discover your fears and get rid of them! Take calculated risks.
- 4. HAVE INTEGRITY**
Be true to yourself - listen to your intuition. Don't be afraid to admit you're wrong.
- 5. BE A NOBLE HUMAN BEING**
Respect all life. Harm nothing. Practise a cruelty-free lifestyle. Every bug, tree, rock, animal, plant and human has a unique purpose. Everything is important. We are all equal in the Creator's eyes.
- 6. BE POSITIVE**
When that niggly little negative voice inside of you creeps in, tell it to take a hike! Immediately, turn negative thoughts into positive ones. Hang out only with positive people. Listen to positive TV/internet/music. Read positive books. Watch positive movies – avoid violence or anything that distorts the mind from being a truly noble human.
- 7. LEARN HOW TO COMMUNICATE**
Learn writing skills, public speaking and selling skills. Learn communication techniques which show other people you are on their side vs. working for self-power.
- 8. ACQUIRE A SENSE OF URGENCY**
Develop a reputation for speed, quality work, and setting priorities and follow through.
- 9. MAKE CUSTOMER SERVICE A PASSION**
Your boss, your peers, your distributors and suppliers, prospects, the end-user, your life partner, children and family are all your 'customers'. Ask them how you can best serve them.
- 10. BE WILLING TO WORK SMART**
Go outside the job description - go the extra mile. Accept 100% responsibility for your work. Do jobs no one else wants.



20 Techniques to Personal Power! (cont'd)

11. CONTINUALLY UPGRADE YOUR SKILLS

Now that you know your goals, take courses, read, listen to recordings, volunteer to head task forces, etc. which support the achievement of your goals while helping others to also get ahead.

12. HAVE FAITH. LOVE YOURSELF.

Have faith that others, physical beings and spiritual beings, are on your side and want you to be successful. Have faith in a 'Source' who can provide you with everything you need ... find out how to connect to your 'Source'. Have faith in yourself. Believe in yourself. Learn how to Love Yourself – it is a journey worth embarking upon.

13. BECOME AN 'EXPERT'

Information is power. Become an expert in something and make sure others know it (without going into ego).

14. MANAGE YOUR LIFE

Find a balance within the 7 Areas of your life. Create a vision of what you want to become.

15. DEVELOP YOUR INNOVATIVE BRAIN

Use personal development products like The Brain Walk[®] to train your brain to develop instant solutions to challenges and goals.

16. ADOPT THE CONCEPT OF NO BLAME

See yourself and others as blameless and faultless. There is no such thing as a Problem Person/Manager/Employee/Child etc. See everyone as people learning how to love and be loved.

17. DRESS FOR SUCCESS

Dress for the job. Make a statement of class and dignity. Our outer beauty reflects our inner beauty.

18. HELP YOURSELF AND OTHERS GROW

Ask for opportunities to grow. Become a coach to the people around you. Help them see beauty in everything. Help them see that our primary role here on earth is to learn how to love ourselves and others more. When you give love, you receive it back many fold.

19. BECOME A SERIOUS STUDENT OF UNIVERSAL LAWS

For example, understand The Universal Law of Karma. What we do comes back to us – good or bad.

20. BE PRAYERFUL – Remember that we create our own destiny

Pray and meditate every day for a peaceful and happy world where all beings (human and animal) feel safe and where everyone has enough food and water. Sincerely pray and meditate on your goals and if they are good for you, your prayers will be answered.



20 Techniques to Personal Power! (cont'd)

1. Studying the 20 Techniques above, write down the Top Five Techniques you believe you could improve upon.

1.1 _____

1.2 _____

1.3 _____

1.4 _____

1.5 _____

2. Next, write down the Top Five Techniques you are currently strong in and how you practise them. Celebrate!

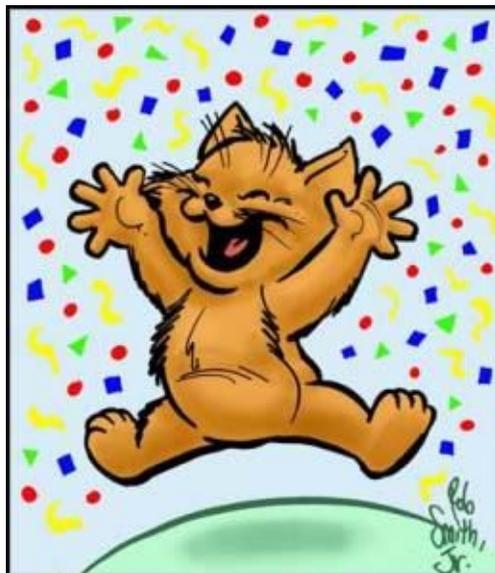
2.1 _____

2.2 _____

2.3 _____

2.4 _____

2.5 _____



Let's Celebrate!