



## Thinking about Brilliance.....

**V**oices  
**I**mpact  
**C**hoices  
**A**ctions  
**R**esults

Throughout the day,  
identify 3 simple  
actions that you will  
take as a result of  
today's session.

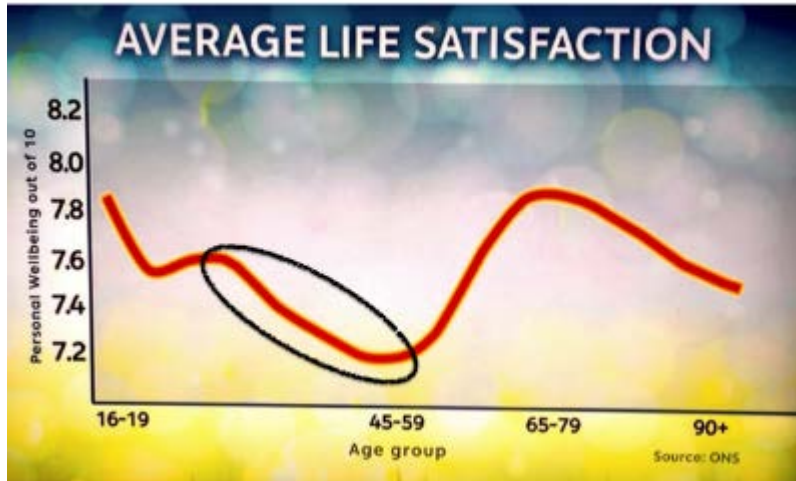


## When you're happy you're:

More productive  
More creative  
More helpful  
Better at service  
More focused on quality  
More open  
More optimistic  
More motivated  
More engaged  
More energetic  
More resilient  
A faster learner  
A better team player



I still remember that moment in circle time ha! I really have you to thank for me getting into music. I don't know if you remember but when you had that air guitar competition in the art room I really needed something to air guitar so I then asked my dad for a cd with something which would be good he gave me Jimi Hendrix Electric Ladyland and told me to play Voodoo Chile. I think that was the point when I was like I need to play like this it was awesome that you always allowed us to play music in the lessons. I distinctly remember you playing/loving Ian Dury and the Blockheads "hit me with your rhythm stick" oh the good times was a really great enjoyable time of my school days.





## Thinking about Brilliance.....

What does the 10/10 version of you look like,  
sound like, feel like?

What 3 qualities describe you when you are  
at your absolute best?

How often are you at your absolute best?  
(Honestly!)

What is stopping you from being your best  
self?



I should...

Get more sleep



Drink more water



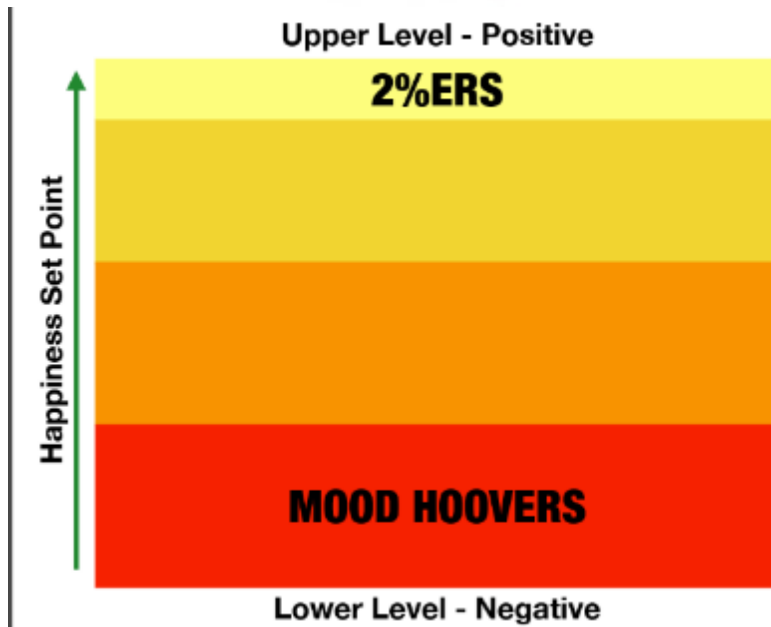
Get more exercise

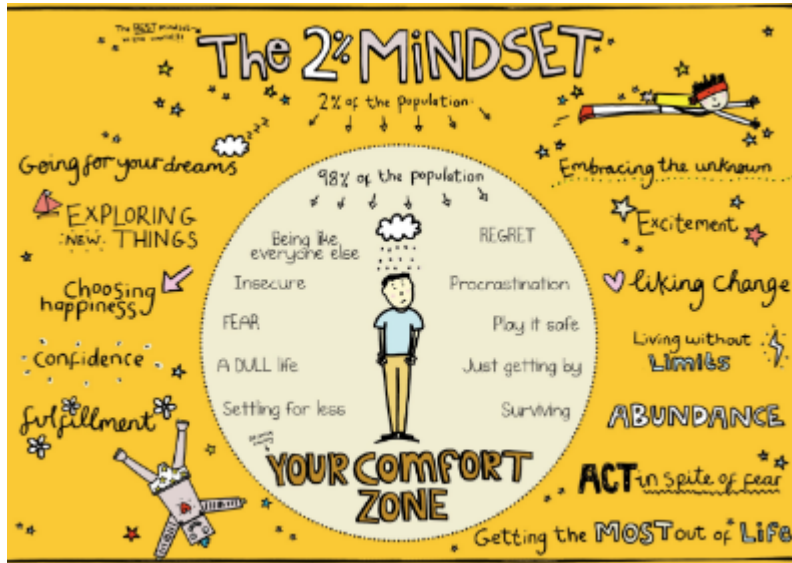


Eat more veggies



[chibird.tumblr.com](http://chibird.tumblr.com)



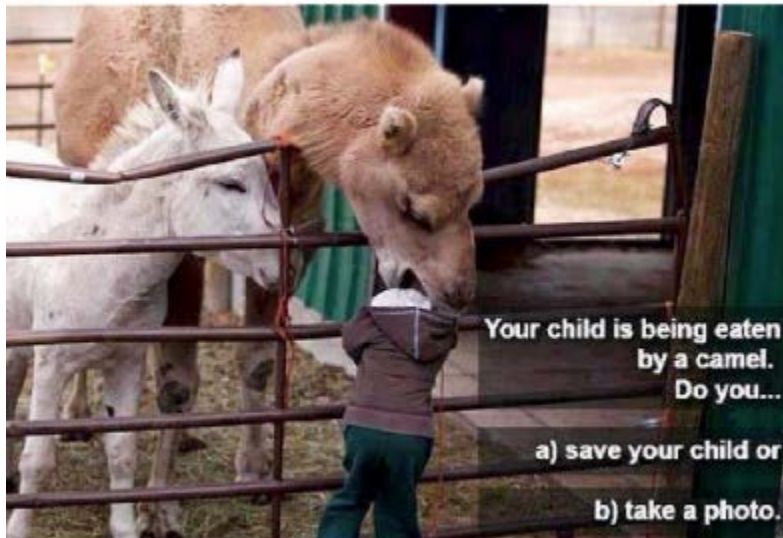


**Thinking about Brilliance.....**

**What does your team and its people  
look like, sound like, feel like when it's  
in 2%er mode?**







This lady comes from a generation that  
knows how to enjoy the moment





## Thinking about Brilliance.....

What do you forget to appreciate  
when you are taken over by  
busyness?

What are your beautiful ordinaries?



Every day is a Special PANTS day



Life's too short. QUIT waiting for happiness



Art of Brilliance

Thinking about Brilliance.....

$$E + R = O$$

$$E + A + R = O$$



Art of Brilliance

**Thinking about Brilliance.....**

## **The 4 minute rule**

### **Small changes ripple outwards**

- Ask engaging personal Q's
- Exercise
- Meditation
- Random Acts of Kindness
- Gratitude Journal
- Observe yourself lovingly

## The 2%er You....

What are you going to stop doing and start doing to be a top 2%er?

What are the 3 simple actions that you will take as a result of today's session?