



**Your Diamond  
of Brilliance**

# **Your Diamond of Brilliance**

**Clarity and Prosperity Series Class #2**

**with Lisa Grace Byrne, MPH and WellGrounded Institute**

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\*Special Reference: Incredible interview on Marie Forleo's site with [Dr. Cathy Collautt](#). Be sure to download the special guide she prepared for this interview on the webpage linked above.

Let's get on the same team.

1. Identify what you truly want more of (but feel you are having a hard time receiving).

2. Identify what stories or beliefs are hooked into those desires.

3. Identify the core values you hold (which in many ways drives your beliefs and stories around your desires).





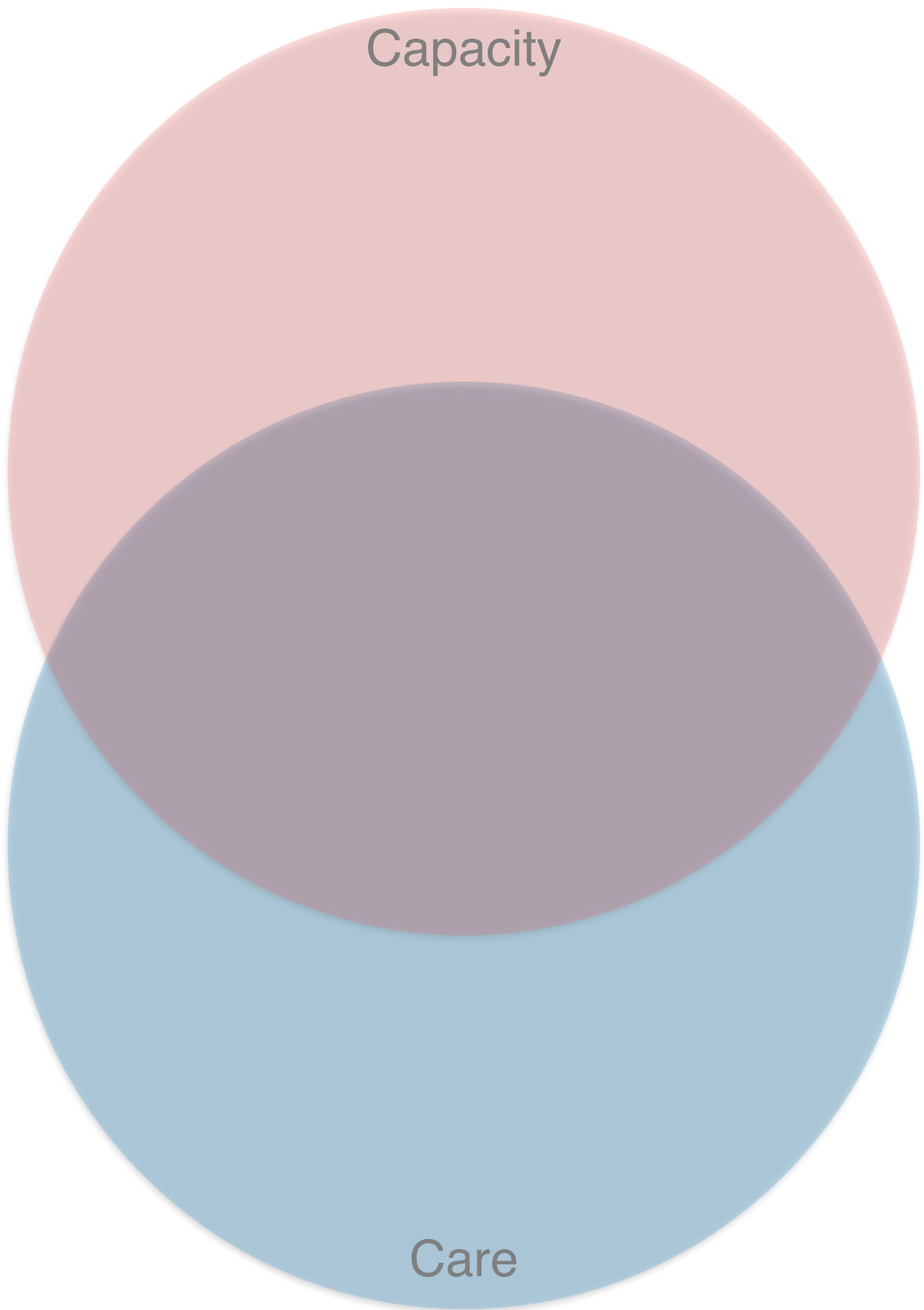
3. What comes easily to you and you'd also enjoy further training, education, practice in to refine and develop even more?

4. Think also about how you like to express yourself (verbally through speaking, in written word, through movement~ privately, in public)?

What elements of interaction do you work best within? (in groups- small or large, one-to-one, behind the scenes support, front and center, leading, guiding, mentoring?)

\*Be careful to focus your answers above on a high level of capacity vs capability. Capability means you can do it and be sufficient at it. Capacity indicates you have a higher than average **talent and interest** and desire to grow and expand it.





	Low Capacity	High Capacity
Low Care		
High Care		



# Blending Your Capacity and Care

## **Create a WONDER storm:**

Consider times in your life when you were filling roles or taking on projects/tasks/or responsibilities that would fit into the sweet spot of High Care and High Capacity:

What kinds of scenarios could you imagine where you feel both that sense of high capacity and high care? How could you apply the talents and skills you most enjoy toward the people or the issues you most identify with?