

Zone of
Brilliance
Masterclass



WORKBOOK



What got me here?

Reflect on times when you were at your happiest and in flow

MY REFLECTIONS

A large, empty gray rectangular area intended for writing reflections.



My Human Design

What do I learn about me?

MY REFLECTIONS

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Creation

What do I want to create? What do you need to let go of to allow this book to get written?

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My vision

Sketch out your vision

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Story

What is your story? Theme. Purpose of sharing? Who will it help?

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Transformational Process

What is your transformational process? Who will it help?

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Zones - where are you?

Which zone are you in and why? List the tasks you do in each... And rate them 1-10

MY REFLECTIONS

Zone of Discontent	Zone of Capability
Zone of Mastery	Zone of Brilliance

Comfort Zones

How Does the Comfort Zone Hold Us Back?

There is a danger to Comfort Zones. And it's just that they are too comfortable. If you are not where you want to be, it could be because you have created an invisible boundary inside your comfort zone.

It's the place of least resistance to the point where the Comfort Zone is doing more harm than good.

How can you tell when you've gone too far?

- Life feels boring or even stagnant
- You're not applying what you've learned
- You're dreaming but not doing
- You've been on a break for a really long time
- You've lost your flexibility
- Without risks, you won't discover who you are
- You're being held back
- You can't write your book



Reflections - Comfort Zones

Looking at your list, which things resonate, and what is holding you back?

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What is it I want instead?

What is the change you want to create for you and your clients?

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Picture your life

Imagine every detail you can. How will each of these things look and feel?

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Ideal Reader

Who are they?





My Content

What content goes into your book?

Everything I know

My book

Everything I think needs
to go into my book



Rough outline

Create a rough outline

MY REFLECTIONS



Knowledge Audit

What you have and what you need to create

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My Book Exercise

1. What is this book called?
2. What is this book about?
3. Why is it important to share my story - what will the reader get?
4. Who is my reader?
5. The Blurb - the description of the book -do this after you have slept on 1,2 and 3

What is this book called?	What is this book about?
Why is it important to share my story - what will the reader get?	Who is my reader?
The Blurb - the description of the book -do this after you have slept on 1,2, 3 & 4	



What book will you write?

Describe your book. Be clear with your intentions

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Why is this your zone of brilliance book?

List the reasons why?

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Ways to work with me

01

121 - Little book project

<https://daledarley.com/write-a-book/>

02

Group - Little book project

<https://daledarley.com/write-a-book/>

03

Power hour

<https://daledarley.com/the-power-hour/>

04

Courses

Mauris congue velit eget mauris blandit, eget sagittis augue iaculis. Praesent elit eget ma