

Your Brilliance is Power!

**A Companion Booklet
to Episode 5
of
THE KAREN SCHAAL
PODCAST**

**Created by Karen Schaal
A Science and Gratitude Approach
Powered by People Owned Psychology™**



Welcome!

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Your Brilliance is Power!

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Start Where It's Easiest

Your Body
Loves Rhythm

**YOUR BRILLIANCE
IS POWER**

Small
Things
Done
Often

Move
From
Insight
to Action

Small Things
Done Often
Shape
Identity

Return to What Grounds You

Build a rhythm that reflects who you are.

Reconnecting with Your Brilliance

These practices are designed to help you reconnect with yourself. You'll find them throughout the Brilliance Series, and you can incorporate them into your routine in ways that feel natural.

Use them one at a time, or combine them as they resonate with you. Let them evolve with you. Let them remind you of your brilliance.

1

Breathe

A Moment
of Noticing



2

Move

Awareness
in Action



3

Reflect

A Quiet
Discovery



4

Observe

Intelligence
in the Environment



5

Appreciate

Gratitude
as Connection





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Congratulations!

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