

Unlock Your Brilliance:

Ignite Your
Confidence and
Vision



Cindy Karnes



What do you want
to be when you
grow up?



What is your passion?



@CindyKarnes

WHAT TO EXPECT TODAY

U n l o c k Y o u r B r i l l i a n c e

**Dream
It**

*Dream like a
7 year-old*

**Believe
It**

*Believe Like a
7 year-old*

**Live
It**

The 100 Hour Rule



CINDY KARNES

Holistic Growth Practitioner &
FOUNDER, EMPOWERED HOURS CLUB





DREAM IT

What do you
want to be
when you
grow up?



An Excavator Operator



What is your
passion?



How Do We Ignite the Power to Dream Like a 7 year-old?



We have big ideas. We make vision boards.



Life Star

Inspired the Three Most Important Questions

~ Vishen Lakhiani – Mindvalley.

Experiences:

What experiences is your soul seeking?

Skill set:

What are your natural talents?

What skills and talents do you want to develop?

Passion:

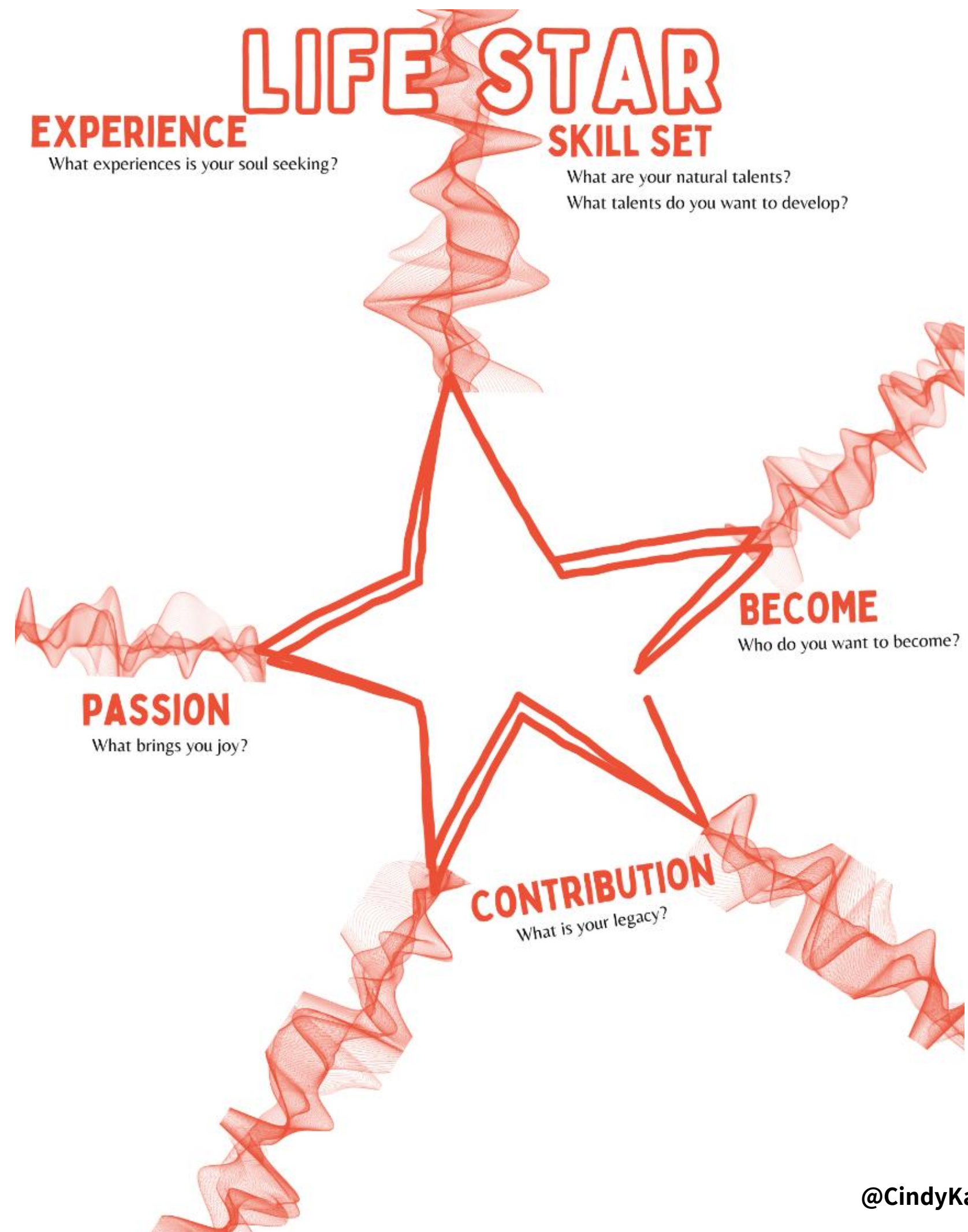
Where do you enjoy spending time?

Become:

Who do you want to become to experience the things your soul is seeking?

Contributions:

What is your legacy?



Experiences:

Write down everything that you could dream of doing or having that would make you happy.

- Consider your love life, your relationships
- Think about what experiences you'd like to have with friends, and family
- What would you want your social life to look like?
- Assume you have unlimited access to funds. What type of car would you want to drive? What type of home would you want to live in?
- Are there any other things you dream of having in your life?
- What places do you want to travel to? Family vacations? Adventures (Skydiving, whitewater rafting)
- What activities, hobbies, or sports would you love to explore?
- Environment (home, office, hotels you stay in when travel)?
- What would be your career?

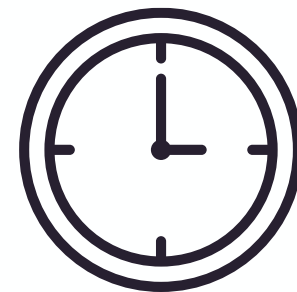


YOUR TURN

Identify the experiences
your soul is seeking.

Reflect to yourself.

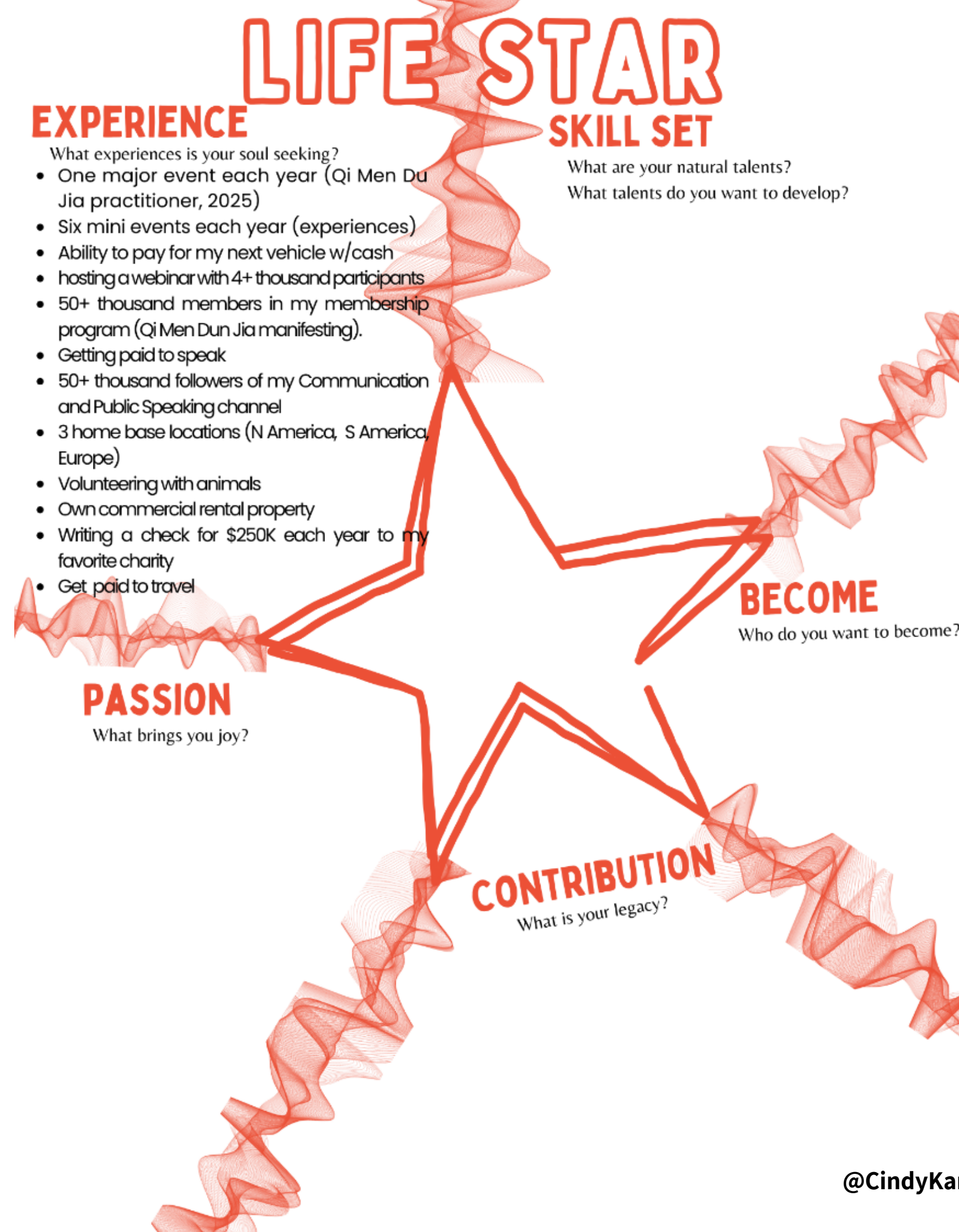
3 mins



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Skill set:

Write down the things that you are good at and love doing.

Write down the skills you would like to obtain (musical instrument, new language)_

Consider the skills needed to become whomever you want to become.

Passion:

Write down the things that bring you joy, your hobbies. Where do you enjoy spending time.

Become:

Who do you want to become to experience the things your soul is seeking.

Consider who you need to become to enjoy the experiences your soul is seeking



YOUR TURN

**Identify your skills,
passions and who you
want to become.**

Reflect to yourself.

3 mins



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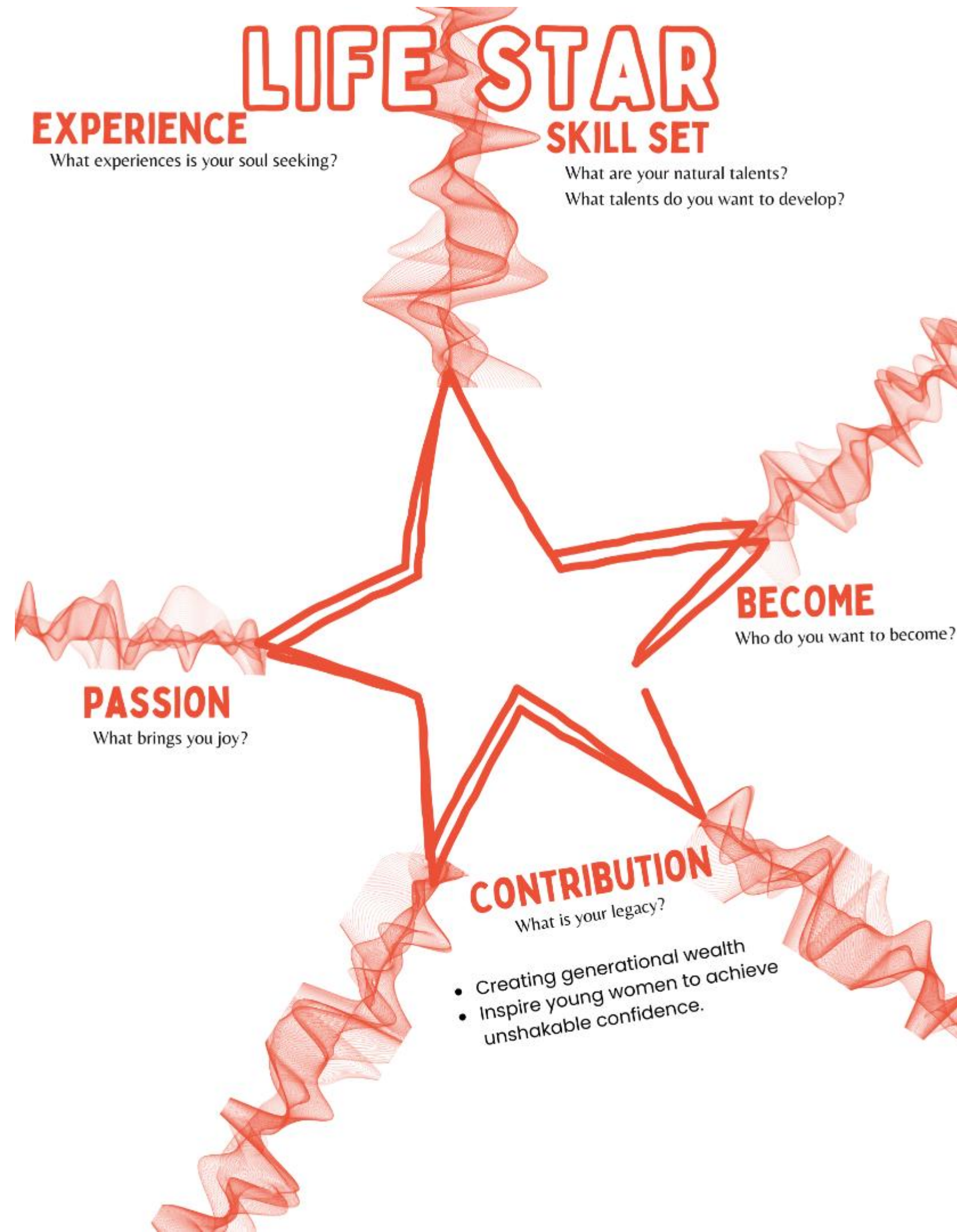
Consider who you need to become to enjoy the experiences your soul is seeking



Contributions:

Write down ways to make a difference personally, professionally, spiritually and socially.

- How could you contribute to your family, friends, society, city or even the entire planet?
- What will be your legacy?
- How will you make the world a slightly better place?
- Which problem would you love to solve for the planet and humanity?
- How do you want to contribute to your community?
- It could be volunteering or giving your time to specific people. It could be a particular work you'd like to create. Anything you can think of that would benefit others and our world



YOUR TURN

Identify your contributions.

Reflect to yourself.

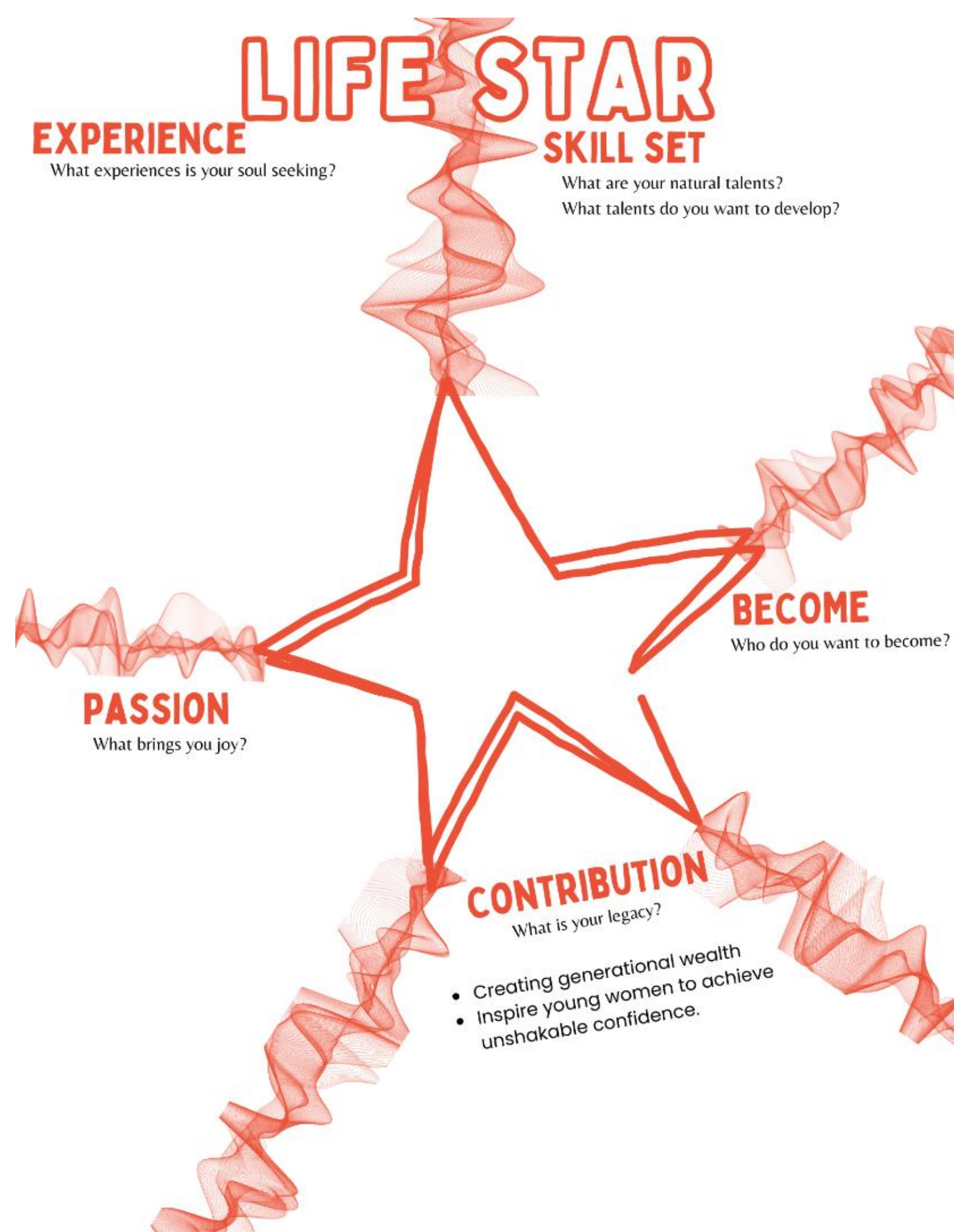
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LIFE STAR

EXPERIENCE

What experiences is your soul seeking?

- One major event each year (Qi Men Dun Jia practitioner, 2025)
- Six mini events each year (experiences)
- Ability to pay for my next vehicle w/cash
- hosting a webinar with 4+ thousand participants
- 50+ thousand members in my membership program (Qi Men Dun Jia manifesting).
- Getting paid to speak
- 50+ thousand followers of my Communication and Public Speaking channel
- 3 home base locations (N America, S America, Europe)
- Volunteering with animals
- Own commercial rental property
- Writing a check for \$250K each year to my favorite charity
- Get paid to travel

SKILL SET

What are your natural talents?

What talents do you want to develop?

- Writing (Blogs, a book)
- Speaking
- Teaching
- Creative Thinker (ability to think outside the box)
- Empathetic Listener
- Learn Spanish
- Learn Chinese Metaphysics history
- Learn and implement a new habit each quarter
- Collaborating with others.

PASSION

What brings you joy?

- Time with friends and family
- Connecting with and learning from others
- Riding my motorcycle
- Traveling
- Spending time in nature
- Learning new skills
- Urban living
- Teaching others how to live their best lives.

BECOME

Who do you want to become?

- Paid Speaker
- Business Owner
- Influencer
- Bilingual speaker
- Author
- Blogger
- Podcast host
- Course creator
- Qi Men Dun Jia Practitioner

CONTRIBUTION

What is your legacy?

- Creating generational wealth
- Inspire young women to achieve unshakable confidence.



Scan QR code to schedule a follow-up session



WITH *Cindy Karnes*



Thing about road trips, unknown detours, speed bumps and pitstops.

We do not know, what we do not know.

@CindyKarnes



BELIEVE IT

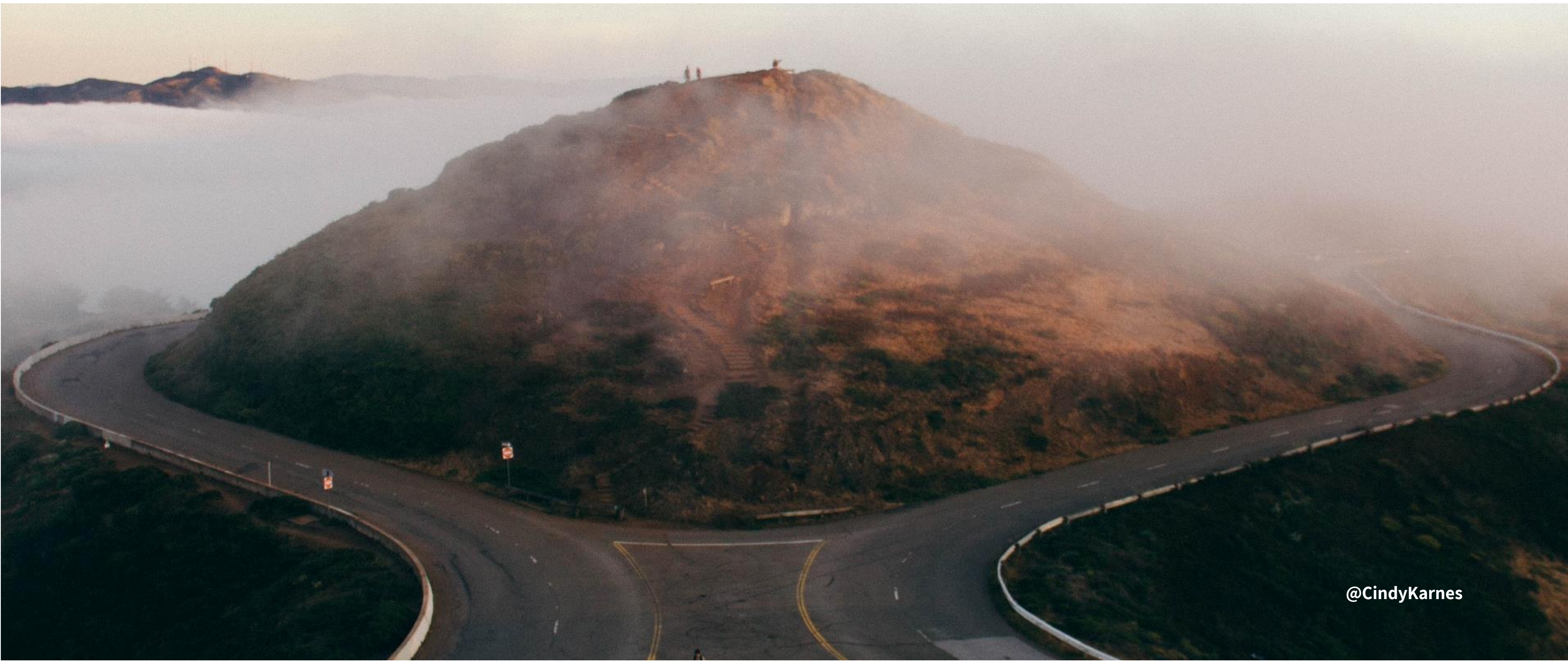


What you see is evidence of
what you believe.


Believe it and you'll see it.

~Dr Wayne W. Dyer

Fear + Doubt set in.



@CindyKarnes



What stories are you telling yourself?

I don't have time?

I don't have the right skill set.

Who is going to listen to me?

Your perspective matters!





MY STORY

I HAD A BIGGER CALLING. BUT I NEEDED MOMENTUM.

I've been ambitious all along, but I wasn't living my calling.

For years managing a career and a side gig, I believed I didn't have enough time.


MY STORY

I ACHIEVED MY GOAL! I BECAME AN ENTREPRENEUR.

I'd been dreaming of this. I was intentional. I made it happen.

Now, I had complete control of my time.
Problem solved!

But . . . turns out, it had nothing to do with time.

A small, vibrant green seedling with two leaves is growing out of a mound of dark, rich soil. The background is a soft, out-of-focus green, suggesting a natural, outdoor setting. The seedling is positioned on the left side of the frame, and its growth is the central focus of the image.

**Awareness is the greatest
agent for change.**

What conversations are
you having with
yourself?

How do they make you
feel?



Negative Voice

How do these thoughts make you feel?



"What is wrong with me?"



"I do not have all the answers."



"Who is going to listen to me?"

How can you break
the chains that are
holding you back?





Self Discovery

- **Discover who you are at your core**
 - **Personality Assessment**

Personality Assessment Junkie



Human Design

- Manifester, Innovator



Yourself First

- Social Connector - ability to create deep connections



Seven Frequencies

- Motivator, Challenger, Positive, Encouraging, Enthusiastic, Supportive



Fascinate

- Provocateur
Innovator, Mystique
Pioneering entrepreneur who breaks new ground
- Creative, Good Listener



Positive Intelligence



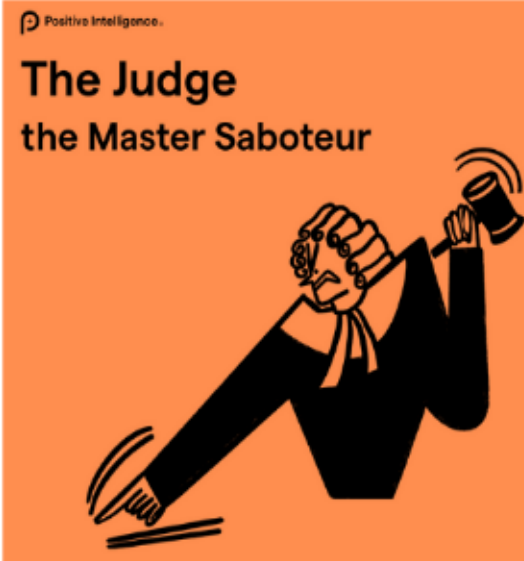
Step Into Your Brilliance Life Chart

Identify your personality archetypes.

PQ Intelligence assesment.

Develop a healthy relationship with your personality archetypes

Discover who you are at your core.



Saboteurs and their Sage Underlying Strengths

Saboteur	Sage Underlying Strength	Saboteur Abuse
 Avoider	<ul style="list-style-type: none"> • Easy-going, even keeled temperament • Flexible and adaptable 	<ul style="list-style-type: none"> • Avoid difficult or unpleasant tasks and conflicts • Procrastinate
 Controller	<ul style="list-style-type: none"> • Confident, action-oriented, decisive, willful, persistent 	<ul style="list-style-type: none"> • Need to confront and dominate • Can be confrontational and not open to influence
 Hyper-Achiever	<ul style="list-style-type: none"> • Driven, pragmatic, goal-oriented, self-directed 	<ul style="list-style-type: none"> • Narrow focus on achievement to the detriment of relationships, balance, and perspective
 Hyper-Rational	<ul style="list-style-type: none"> • Capable of deep insight and understanding through objective analysis 	<ul style="list-style-type: none"> • Excessive reliance on the rational function in dealing with people and emotions • Hurt relationships by not being empathetic or considering emotions
 Hyper-Vigilant	<ul style="list-style-type: none"> • Being vigilant • Sensitive and aware of true risks and dangers to self, others, and institutions 	<ul style="list-style-type: none"> • Too anxious and always expecting the worst • Worried about too many things rather than focused on the few that truly matter
 Pleaser	<ul style="list-style-type: none"> • Empathic • Loving and giving 	<ul style="list-style-type: none"> • Constantly helping, pleasing, or rescuing others, hoping to be liked • Loses sight of own needs and becomes resentful as a result
 Stickler	<ul style="list-style-type: none"> • High standards and detail-oriented • Able to bring organization and order into ambiguity and chaos 	<ul style="list-style-type: none"> • Perfectionism applied to too many things, causing anxiety and discouragement • Too self-critical and often disappointed with others
 Restless	<ul style="list-style-type: none"> • High energy and vitality • Open, curious, spontaneous 	<ul style="list-style-type: none"> • Constant need for busyness, rarely at peace with current activity • Spread too thin, follow-through suffers
 Victim	<ul style="list-style-type: none"> • Sensitive: feel own emotions deeply and clearly, including “difficult” emotions • Introspective: capable of deep and courageous introspection and self-discovery 	<ul style="list-style-type: none"> • Continuous focus on painful and deflating emotions • Temperamental as a way to gain attention and affection

Decode Your Brilliance Life Charts

Qi Men Dun Jia

9 Stars



- Strong communicator with a gift for public speaking and negotiation.
- Resilient, persuasive, and driven to make a meaningful impact



- Inquisitive learner who thrives on understanding people and systems
- Nurturing, logical, and excellent at problem-solving and research



- Specialist with deep expertise and leadership in a chosen field
- Independent, reliable, and often drawn to personal growth and spiritual insight



- Financially savvy and attracted to money-related opportunities
- Polished, disciplined, and focused on results with a refined ambition



- Visionary entrepreneur with a natural talent for building businesses
- Bold, creative, and driven to turn ideas into empires



- Inspires others with their presence, integrity, and confidence
- Charismatic influencer, admired for their authenticity and hope-filled message



- Rooted in tradition with a strong instinct to nurture and serve
- Stable, healing presence with the potential for great material success



- Connector who unites people around a shared mission
- Strategic, influential leader who motivates others into action



- Bold innovator who thrives on disrupting the norm
- Fast-thinking, fearless creator of new and better ways of doing things

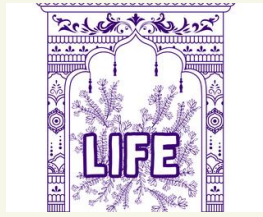
Decode Your Brilliance Life Charts

Qi Men Dun Jia

8 Doors



- Independent leaders with a drive for success
- Thrive on challenge, ambition, and career growth



- Calm and focused achievers with strong leadership potential
- Value creation and strive to make a meaningful impact



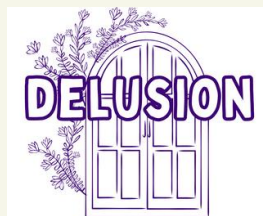
- Thrive in fast-paced, ever-changing environments
- Adventurous risk-takers who encourage courage in others



- Nurturing caregivers centered around love and family
- Emotionally warm, community-oriented, and deeply supportive



- Highly creative communicators with a gift for expression
- See beauty in others and uplift through storytelling and inspiration



- Deep thinkers and insightful analysts
- Skilled at research, observation, and uncovering hidden truths



- Focused, disciplined, and highly organized
- Excel in structure, planning, and time-intensive projects



- Compassionate, spiritual, and service-driven
- Motivated to heal, transform, and support the less fortunate

Decode Your Brilliance Life Charts

Qi Men Dun Jia

10 Guardians



- Master manifestor who brings ideas into reality
- Radiates influence by uplifting and guiding others



- Deep thinker rooted in kindness and empathy
- Leads with compassion and a desire to serve



- Visionary creator with the ability to shape the future
- Constantly seeks better ways to do things



- Strategic thinker with a gift for planning and persuasion
- Turns ideas into action with precision and logic



- Magnetic communicator who makes visions real through words
- Natural speaker, teacher, and storyteller



- Bold leader with strength, courage, and infectious motivation
- Charismatic, fearless, and driven to innovate



- Insightful analyst who thrives on complexity
- Sees what others miss and makes thoughtful decisions



- Intuitive and persuasive with a deep grasp of human behavior
- Knows how to read people and solve problems effortlessly



- Master influencer and critical thinker
- Sharp, persuasive, and good at finding what's lost



- People magnet with a talent for building strong connections
- Leads through relationships, charm, and emotional intelligence



My Brilliance!

I am a creative and empathetic individual who thrives on connecting with and supporting others.

As a deep thinker and insightful analyst, I love learning and sharing knowledge with the world and continuously seeking innovative ideas and original solutions to challenges.

Effective planning and decision-making come naturally to me, and I find joy in generating new possibilities.

As an adventure seeker and world traveler, I embrace the excitement of exploration and the opportunity to speak and share experiences with diverse audiences.

My passion for listening deeply and engaging meaningfully fuels my journey of growth and connection.

Seeing my identity
differently is what
brought the
unshakable
confidence I'd
craved.



I Became the Confident Leader of My Life (personal & professional).



Find the inspiration. You are worthy. You can do these things.
Are your goals worth your time?





LIVE IT

We have 168 hours a week.



We can't borrow more.
They don't roll over.
You can't transfer them.





Life gives you plenty of time
to do whatever you want to
do if you stay in the present
moment.

~Deepak Chopra

(we do not have time to waste)

At the beginning, you let
yourself dream.

What does life look like in five
years?



Are your dreams worth your
time?



@CindyKarnes

What needs to change?



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Step 1

IDENTIFY FOCUS AREAS FOR THE YEAR

2025 PROJECT BINGO

Self Organize	Career/ Business Growth	Community Legacy	Relationships Experiences	Wealth Freedom
Finish filing boxes of papers	Complete Qi Men Academy	Volunteer with a youth group	Coordinate new experiences w/friends Q1	Increase Revenue by 20%
Donate Electronics	Complete Website	Join a new non networking group	Coordinate new experiences w/friends Q2	Facilitate 4 Step into Your Brilliance PODS
Review items in front closet	Develop Newsletter	FREE SPACE	Coordinate new experiences w/friends Q3	Sell guitar online
Purge Storage Closet #1	Publish Online course	Attend non networking group events	Coordinate new experiences w/friends Q4	
Purge Storage Closet #2	Schedule 24 speaking gigs		Vacation with my Sister	



Scan QR code to schedule a follow-up session

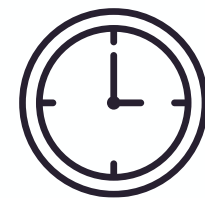


YOUR TURN

Identify focus areas for 2025

Reflect to yourself.

2 mins



Step 1

IDENTIFY FOCUS AREAS FOR THE YEAR

2025 PROJECT BINGO

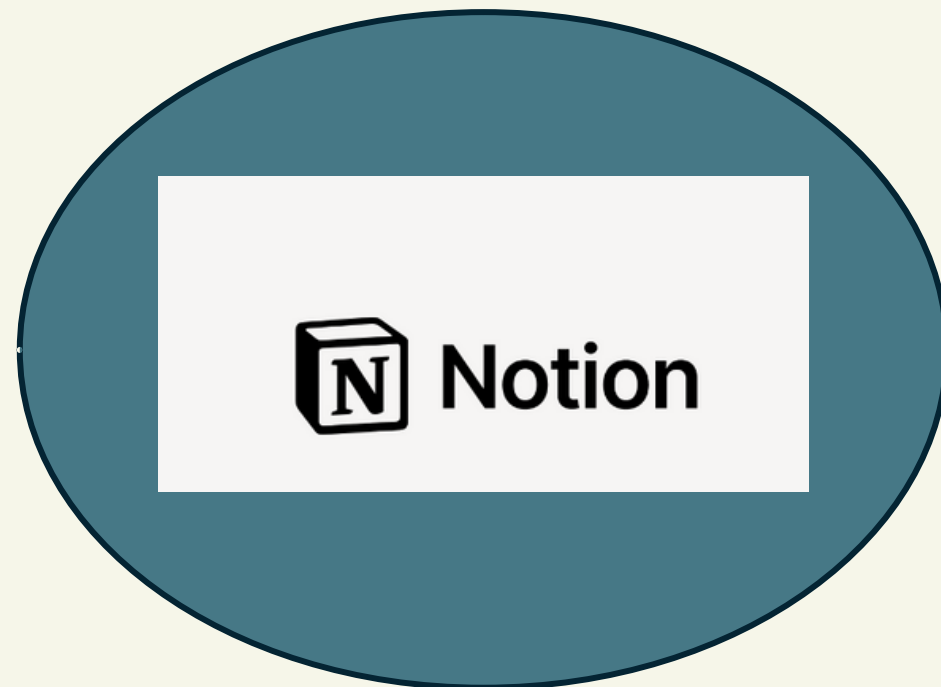
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STEP 2. CHOOSE A SYSTEM TO TRACK PROGRESS



ACTIVE PROJECTS

1. Take Qi Men manifesting course (Business)

1. Watch training videos
 1. Module 0 Getting Started
 2. Module 1 The Awakening
 3. Module 2 Guardian of Destiny

2. Create a digital course. (Business)

1. Learn how to record a course
2. Determine a topic
3. Write out the flow of the course
4. Create the slides in Canva

3. Achieve Unshakable Confidence (Business)

1. Create the syllabus for the next cohort
2. Promote the next cohort

4. Plan vacation for 2025 (self)

1. Research beach destinations
2. Coordinate schedule with sister

FUTURE PROJECTS

(Self, Relationships, Business, Community)

1. Pilates Retreat (Self, Relationships, Business)
2. Learn Chat Bots (Business)
 1. Watch training videos
 1. Phase 2 - customization tutorials
 2. Phase 3 - monetization tutorials
 3. Phase 4 - promotion tutorials
 4. Phase 5 - domination tutorials
 2. Create accounts to host the chatbot (Facebook, WhatsApp, Instagram)
 3. Create the chatbot
 4. Implement the chatbot
3. Research Alibaba options for gem water bottles
4. Work on the format for the next Awaken Your Inner Leader cohort

STEP 3. DOCUMENT ACTIVITY

Inspired Action List

Phone: 📞

- Schedule vet appointment
- Schedule maintenance appointment for car
- Schedule dental appointment
- Coordinate schedules with sister / vacation

Car: 🚗

- Take the vacuum in for servicing
- Take extra vacuum into recycle
- Take cat donations to a rescue center

Home: 🏠

- Complete project box
- Backup old computer hard drive
- Scan business cards

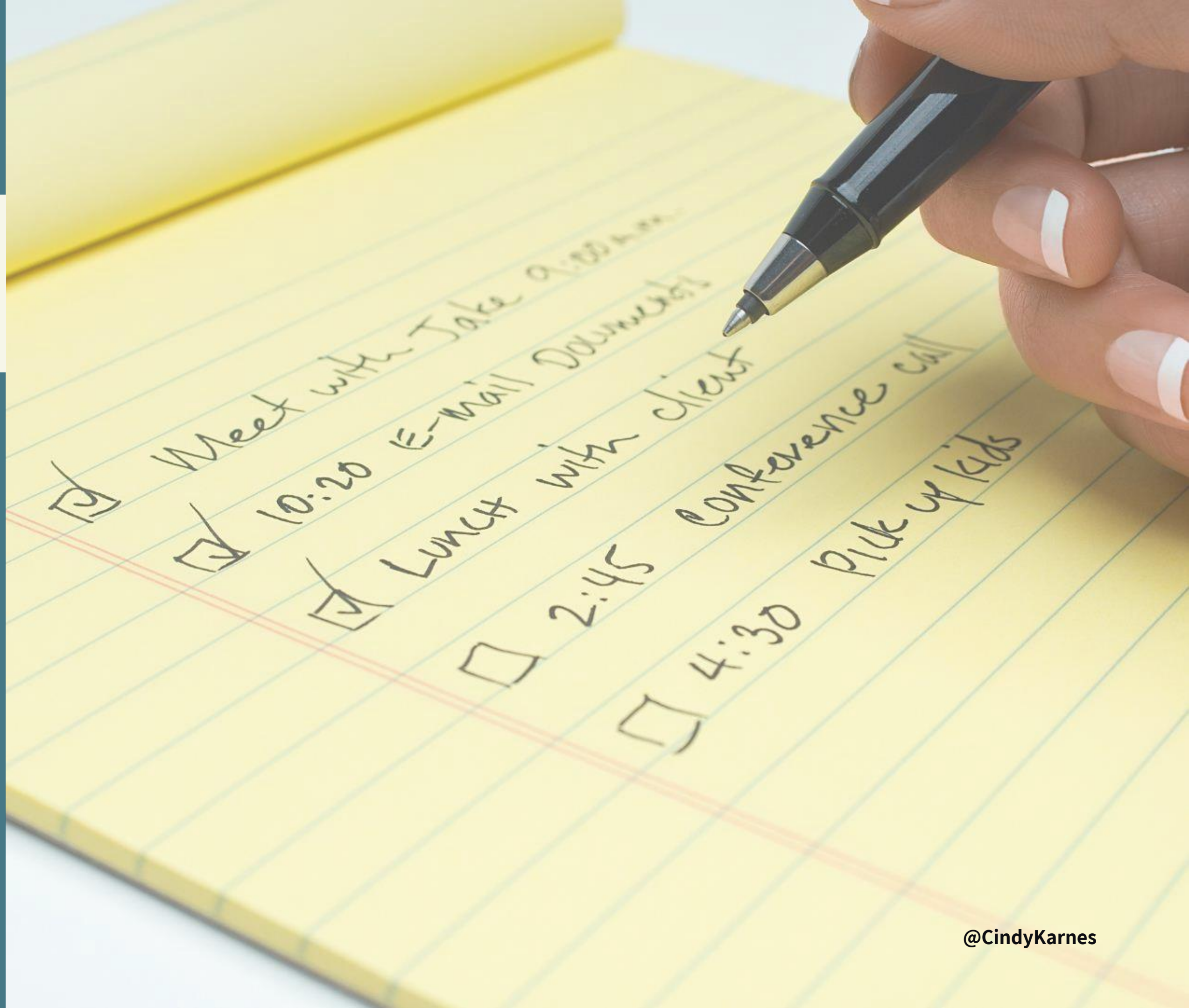
Computer: 💻

- Watch Qi Men training video, module 0 (getting started)
- Research beach destinations for vacation
- Send follow up emails from networking event

DAILY

Review your system

Create a plan for the day



WEEKLY

Track
where
time
actually
went





Track every hour.

- **Include everything. (Yes, even sleep!)**
- **This is your chance to account for where your hours went.**
- **Regardless of what you planned, or didn't, it all gets tracked.**

At the end of the week, your balance is zero.

Week 1

Category	Task	Day	Hours	Hours Remaining
Other			0	168
Business	Emailed referral for social media content creation	Monday	0.5	167.5
Self-Care	Spinning	Monday	0.5	167
Self-Care	Sleep	Monday	8	159
Self-Care	Dinner	Monday	1	158
Personal Development	Morning routine	Monday	3	155
Personal Development	Podcast	Tuesday	1	154
Other	cleaned the bathroom	Tuesday	0.5	153.5
Business	Created Empowered Hours Agenda	Tuesday	2	151.5
Personal Development	Met with Business Coach	Tuesday	1	150.5
Self-Care	Sleep	Tuesday	8	142.5
Family	Kids soccer game	Tuesday	4	138.5
			0	138.5
			0	138.5
			0	138.5



**Don't be
afraid.
Awareness is
power.**



MONTHLY

**Check
progress on
the monthly
goals in
your Action
Plan**






**People do not decide their futures; they
decide their habits and their habits
decide their futures.**

~F.M. Alexander

The 100 Hour Rule

**A 1976 study by
Psychologist
Anders Ericsson &
Collaborator Bill Chase**

A black alarm clock with a white face and black numbers is the central focus. The clock is set to approximately 10:10. It sits on a dark surface, likely a desk. In the background, a laptop keyboard is visible, with some keys highlighted in yellow and green. The overall scene is dimly lit, suggesting an office or study environment.

It only takes 100 hours to go from knowing nothing to knowing more than 95% of the population, which is enough to make you competent in that area or even set you apart.

Just 18 minutes a day for a year.

T o U N L O C K Y O U R B R I L L I A N C E

Y o u M u s t

**Dream
It**

**Believe
It**

**Live
It**

Thank You

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Cindy@EmpoweredHoursClub.com