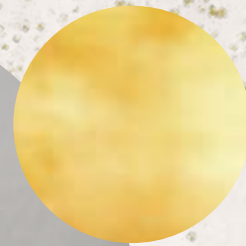


Dare to shine.

Shift from self-doubt to clarity and purpose.

~ Self-paced branding course for brave souls who dare to shine ~



Camille.



welcome!

Dear one,

thank you for showing up for yourself and for what you want to manifest in this life, **the world needs us now more than ever**. Finding out what we are passionate about and then having the courage to step forward to bring it into the light and into service.

One of the main challenges/wounds I keep hearing in my clients, is the **fear of being seen in their truth**. And for us to work on our personal branding, we need to courageously stand in our **power, vulnerability and worth**.

And while you do this work I can't emphasize enough the importance of self **resource**, so please follow some of the self-care suggestions or find some of your own. ***Do we dare offer ourselves what we truly need? Do we dare love ourselves the same way we love others? Do we feel worthy of our own self love?***

Troughout this course you will be reminded of ways you can feel held by yourself, by the natural elements, by beauty, by your heart. And when you can gift yourself this space of listening, deep acceptance and compassion **this is when the healing really begins**. Quite a paradox as I know from experience that it is simple but not easy.

You will work with **questions, guided meditations and playlists** in which you can lean into the joy and wonder of free movement and self expression. This is an interactive pdf document and you can write directly on it from your computer if you wish, or you can print it out to have with you.

Do the journaling, take time to reflect on your experience and always, always, **come back to your heart, time after time**. The real alchemy is in there, it is where we turn our suffering into honey nectar that can then flow through our bodies and out into the world.

Ready to bring beauty into the world?

Read on...





dance it out

Before we start, how about a little **dance party celebration?**

Take some time to **celebrate who you are**, include the magnificence, the resilience, the funny, the light, the exquisite. Let your body show you just how much.

Make space in your bedroom, living room or out in nature by yourself, with a friend or a special someone and dare to get down with these tunes.

Make sure your space is free of obstacles and that the ground you dance on is safe. Take care of your own body, go at your own pace.

These playlists are also a great way to start any day, to simply boost your confidence and to connect to your inner funky, hip shaking, wild soul self, **let them shine all the way and dare to get down and be your juicy divine self.** Smile guaranteed ;) And please... don't take yourself too seriously, that's the beginning of any epic journey.

While you are at it, take some time to set your intentions for this journey and after the dance answer this question in your journal, or in the last pages of this booklet: What is my dream outcome in this journey?

Ready? Let's dance!

Click here to go to the Spotify playlist:

-> https://open.spotify.com/playlist/7bFtEx34wvwtM94RVivzJR?si=h0mbBIG4SSGh_kclPeY6oA



day one.



earth.

Open the space of deep listening for the creative process. More than action in this moment, take your time to bring awareness to your internal emotional landscape while you ask yourself the questions in the next pages.

Imagine being a seed planted in the earth that receives information. Feel and write any words, colours, sensations, impulses or emotions that come to you. You can also colour, draw, dance or write a poem. Give your soul space to self express without judgement or filters.

Embodied Exercise: Meditate and move with this lovingly created 21 minute mix. Then when ready turn the page and answer the next questions.

Feel the earth below you, lay down and imagine yourself as a seed planted in the earth, feel the nourishment and the first impulses to burst your shell and open. From this gentle holding and support ask the Earth element to support you in your growth and expansion.

-> <https://www.mixcloud.com/danceweaver/dare-to-shine-earth-mix/>

“There is a beautiful relationship between the earth of your body and the body of the Earth. It is a love affair that is called gravity.”

- Ya'Acov & Susannah Darling Khan (*Movement Medicine, how to awaken, dance and live your dreams*)

// Self Care Tips

Trust the unfolding of what comes (or doesn't) come up. Trust the silence. The stuck parts are information as well. Creating a personal branding for yourself or a project you truly believe in is like a birthing process, it brings some resistance, some doubt, some fear, some wonder, some excitement. Welcome everything that serves you from a witness point of view without judgement. Wanting to really be seen by your audience is quite a challenge. You got this!



day one.

1) What did I dream of being as a child?

2) What did I always long to do, but never had the courage to? Be creative and limitless

3) Which talents/gifts/qualities do I feel I bring to my project?



4) What is my version of success in my business? Be specific and include money, locations, lifestyle, emotions, etc

5) How will I nourish myself today? Name 3 simple steps you can take now. Don't skip this step!! ;)



day two,



fire.

What ignites you? What drives your professional passion and how can this nurture and warm you instead of "burning you out"?

Really think about your soul mission, is it in alignment with what you are offering professionally? How does this feel for you? Are you pushing too hard or too little? No right or wrong, just witness. If necessary go back to your childhood: what were you passionate about when you were younger? What were your dreams?

Embodied Exercise: Meditate and move with this lovingly created 21 minute mix. Then when ready turn the page and answer the next questions.

Feel the fire inside you, that burning inside your belly, take some time to really feel and embody what this passion is, what is it that makes you get up and move, create, imagine, dream, fight for. What is your deep intention for this project. Go ahead and create different shapes with your body, feel free to take pictures of them to remember.

-> <https://www.mixcloud.com/danceweaver/dare-to-shine-fire-mix/>

"Fire is a powerful energy of transformation. Each of us has "firepower" and we either learn to use it responsibly or it becomes a source of destruction in our lives. Too much and we are destroyed by our own activity. Too little and we die."

- Ya'Acov & Susannah Darling Khan (*Movement Medicine, how to awaken, dance and live your dreams*)

// Self Care Tips

Create a space in your home with a small 'altar' or collage moodboard, drawings, poems or anything that speaks to your soul purpose and your heart's inner longing. Spend some time near it, making it grow, connecting to it.

day two.



1) Why do I do what I do? Or why do I want to do it?

2) What solutions do I offer my clients? How do I make their lives better?

3) How do I feel I can contribute to a better world? What am I passionate about?



4) What do I want to be doing in 5 years with this project? In 10 years?

5) What do I want to be known for?

6) What makes me unique?



day three.



water.

Connect to the water element in your work. Water here relates to our fluidity, our ability to change direction when needed and our connections and network circles. Embody the essence of water, be relentless, create new pathways, nurture old ones and remember “you are the drop, and you are the ocean” (Rumi).

How do you connect with others? How fluid and connected are you with your communication? How much do you let yourself be nourished? Do you have a tendency to “run dry”?

Embodied Exercise: Meditate and move with this lovingly created 21 minute mix. Then when ready turn the page and answer the next questions.

Feel the waters inside you, feel the fluidity in your joints, feel the emotions, the tears and sweat. Imagine yourself as water, what type are you? A still lake, a big wave, soft raindrops, mist, thunderstorms, big tropical rivers or sturdy ice caps? Maybe you sometimes feel in different ways? How is this for you?

-> <https://www.mixcloud.com/danceweaver/dare-to-shine-water-mix/>

“In all its different forms, water is still itself. When we dance with the water, we invoke the capacity to be true to ourselves as we shape-shift. So we enter the work of transformation, where we can surrender to what is and discover more of who we can become.”

- Ya'Acov & Susannah Darling Khan (*Movement Medicine, how to awaken, dance and live your dreams*)

// Self Care Tips

Take some time to connect with this element, plan a bath or a special shower. Go to a river and make a flower offering. Connect to the ocean if you are near and listen to the waves. Ask the water to help you let go of a limiting belief, pick a stone and offer it with gratitude to the waters, simply letting it go. Be mindful when you drink water and give thanks to this sacred element, after all we are 60% water!

day three.



1) How do I inspire others?

2) What communities do I want to reach?

3) Who can I rely on? Who is part of my professional network? Name anyone you feel could help you with this project.



4) My ideal client is....? (Specifics here are necessary: gender, age, cultural/ethnic background, passions etc) Try picturing him/her/them in your head, describe them.



day four.



air.

Connect to the air element and focus on the communication aspects, these are the wings our project needs to fly. We are starting to head out into the branches of our project, so feet on the ground, roots firmly inside the fertile earth, trunks strong and fluid. Starting to reach out our arms and hands into the space around us. Breathe, open your wings. The open sky is waiting for you...

Embodied Exercise: Meditate and move with this lovingly created 21 minute mix. Then when ready turn the page and answer the next questions.

From a still point, connect to your breath and imagine yourself at the center of your circle. Whenever you are ready extend your arms as far as they can go, front, back and sides. Reach with your fingertips and feel the space around you. imagine yourself painting your inner circle with clear energy. Make a dance of this expansion, Explore all the movements you can make in your bubble, feel free to expand and contract in your dance when needed.

-> <https://www.mixcloud.com/danceweaver/dare-to-shine-air-mix/>

“The air is powerful, we feel its presence as wind and as the breath of life in us . We cannot live without it and yet we cannot see it. So it is with the presence of spirit. The very word “spirit” comes from the Latin “spirare”, meaning to breathe.”

- Ya'Acov & Susannah Darling Khan (*Movement Medicine, how to awaken, dance and live your dreams*)

// Self Care Tips

If in any moment you feel overwhelmed, take a step back, connect to the earth in any physical/ imaginal way you can, feel your body present, feel the connection to your heart and breath and remember 3 things you are grateful for. Then reach up to the sky and connect with the sky above you. Feel the expansion that this creates in your body. You can do this!!



day four.

1) A short paragraph describing myself to a good friend in this format: I am a..... and I offer.... in this special way.... because....

2) What communication materials do I feel I need to engage with my audience?
(for ex. Social Media, website, podcasts, printed material, etc)



3) If I was to describe my style which 3 words resonate the most?

- | | | | |
|-----------------|--------------|----------------|--------------------|
| Persistent | Chill | Optimistic | Minimal |
| Genuine | Fearless | Affectionate | Vibrant |
| Patient | Open-minded | Honest | Sparkling |
| Enthusiastic | Joyful | Versatile | Elegant |
| Disciplined | Practical | Flexible | Sleek |
| Straightforward | Energetic | Loving | Enchanting |
| Passionate | Easygoing | Energetic | Upbeat |
| Dynamic | Sincere | Sensitive | Edgy |
| Intelligent | Motivated | Exuberant | Active |
| Ambitious | Sociable | Gentle | Artful |
| Modest | Adaptable | Cheerful | Chic |
| Tough | Enthusiastic | Resourceful | Compassionate |
| Tenacious | Friendly | Understanding | Mind Blowing |
| Extroverted | Thoughtful | Helpful | Innovative |
| Sympathetic | Kind | Hard-working | Modest |
| Generous | Reliable | Determined | Intellectual |
| Romantic | Introverted | Attentive | Loyal |
| Clever | Warmhearted | Self-confident | Neutral |
| Considerate | Loyal | Skillful | Nurturing |
| Independent | Bright | Colourful | Organized |
| Resourceful | Easygoing | Natural | Original |
| Courageous | Adventurous | Eclectic | |
| Witty | Emotional | Unconventional | ...or add your own |






integration.

4) What will my next steps be?

5) How will I make them happen? With what timeline?

6) Where do I need support?



notes.



notes.



notes.





resources.

Wonderful! you have completed your Dare to Shine pdf course!! Have a celebration dance :)
Thank you for your trust and engagement in this journey.

Feel free to reach out at any time if you have any questions or want to explore how to move with ease and confidence through all the steps of your personal branding journey. Maybe you want to untangle blocks and vulnerable issues about visibility or want to experience deep transformational support. How about a space where you can receive unique and tailor-made solutions with simple mindful language?

How could we work together?



[Free 60 minute branding call](#)

I offer you a space to relax and connect deeper with your vision, what you want to manifest and what you might be struggling with.



[Empowerment sessions](#)

A week long 1:1 journey to find clarity and focus with specific brand questions you might have. We will use embodiment as our ally, leaning into somatic work and movement meditations.



[Deep Alignment journey](#)

3 month 1:1 embodied journey with deep, nurturing and focused brand coaching sessions & unique strategies designed just for you. We go deep and journey through the roots, trunk and branches of your project. Bonus? your beautiful new logo included.



[Branding Templates](#)

Social Media design, logo templates or website design and creation.

[Unbrand yourself](#)

An 90 minute 1:1 embodied journey to find any blocks that may be holding you back. To shatter any limiting beliefs about visibility and reclaim your branding sovereignty.



Thank you!

*“If you’re too comfortable, it’s time to move on.
Terrified of what’s next? You’re on the right track.”*

~ Susan Fales Hill

“In a world where you can be anything, be yourself.”

~ Etta Turner

Xo
Camille.

For more info click here -> <https://www.camillebarrios.com/>
Or follow me on Instagram for soul curated content -> <https://www.instagram.com/bemovedbylife/>