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**CB CONSULTING**

**E**

**WORKBOOK**

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**L**

**Session 2**

**G**

**Experiences**  
Enlightenment

**O**

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**O**

**Enlightenment is the expression of your  
talents and your capacities.**

**D**

# Experiences

## Your official Course Workbook

Please follow the 5 simple tips from your session 1 workbook to get the most out of this class.

- When I say the word experience, what comes to mind?
  
- Does it bring back bad experiences in your mind? Do you think about what you need to give on a resume when going for a job?

What Source wants us to have during our stay on earth are experiences.

- What do you chose to do, to learn or to experience?
  
- What opportunities and experiences do you believe you might have missed because of doubt or fear?

# Experiences

- **If an experience is offered to us, how can we tell, by what we are feeling, that it is something we should do?**
  
- **Is it a feeling of doubt or fear, or is it Source telling us not to go there?**

**Everyone has gifts, talents or skills.**

- **Gifts: from Source – was given to you**
  
- **Talents: There are skills. However, you didn't have to put as much effort to learn them.**
  
- **Skills: already learned and needed to practice a lot to master them.**

**Find a new job, learn to paint, learn to speak Spanish, or join a yoga class. You don't have money? Go for a walk, a swim in the ocean – not in winter time – meet new people. Find something or someone that will make you “FEEL GOOD”.**

# Experiences

Ability to deal with Failure	Guerilla marketing	Positiveness
Ability to focus	Health / Fitness	Programming
Ability to handle changes	High energy	Project management
Ability to make friends	Hiring / Recruiting	Problem solving
Ability to spot new trends	Human resources	Public speaking
Academics	Identity strengths and weakness	Raise money
Accounting	Imagination	Reading
Adaptability	Imaginative	Relaxation
Advertising	Initiative	Reliability
Affiliate systems	Innovation	Relieve stress
Analyzing the past	Inspiring	Research
Art	Integrity / honesty	Risk management
Articulate	Intuition	Sales
Asking questions	Inventiveness	Self-assurance
Athleticism	Jokes / Humor	Self-control
Awareness	Juggling	Self-discipline
Bookkeeping	Leadership	Self-management
Brainstorming	Learner	SEO (Search engine optimization)
Communication skills	Legal	Sign language

# Experiences

Computers / IT	Listening	Singing
Computer literacy	Logistics	Social intelligence
Conflict resolution	Magic	Social networking
Creativity	Maintenance / Routine tasks	Software
Critical thinking	Making Connections	Strategic planning
Decision making	Marketing	Story telling
Detail orientation	Math	Systems management
Dexterity	Meeting management	Taxes
Drawing	Money management	Teaching / Training
Empathy	Music	Time management
Encouraging	Negotiating skills	Trouble-shooter
Enthusiasm	Networking (person to person)	Typing
Fairness	Networking (in the virtual world)	Video creation
Financial management	People judgment	Visualization
Financial planning	Personal productivity	Volunteering
Foreign language	Persuasive	Website
Future thinking	Photography	Wisdom
Futuristic	Planning	Woodworking
Graphics	Polyglot (learn/know many languages)	Writing

# Experiences

Most of what is listed are related to a job that you might want to consider. However, we also have many other skills, like cooking, knitting, driving a car. You can add many other skills to this list.

Also, when reading the list, there might be some skills that you do not have but triggers something inside of you when you read them. Pay attention to those. Draw a circle around those. Ask yourself: “What would I need to do to attain this skill? What course or book could I read to get more information?”

Have fun with this.

**This week’s homework:**

- **Revise the list. Make this list a reminder of what you have achieved already and also a hopeful project of learning a few extra more.**
- **Continue being aware of your breathing, feelings.**
- **Write your comments, findings, and ah-ha moments in a journal.**

**Meditation exercise...**

**See you next week!**

**If you are not happy where you are, move! You are not a tree.**

**Page 5 of This Book is Not For you.**