**Chapter 1 – What’s missing?**

* Unconscious barriers
* Why you, why now?
* Why me and my model?
* The C.A.R.B.O.N. way to transform to Sparkling Success ©

**NOTES**

Where are you now?

What are you hoping this book will help you with?

Paint your picture of success, for your career and your life (this can be added to and changed over time)

**Chapter 9 - Sparkling with loved ones**

* 1. Filling yourself up first
	2. Choice of commitments and sacrifices
	3. Bedtime routine across continents
	4. Date nights, family days
	5. Happy Dad with dementia
	6. Inspiring your next generation

**NOTES**

List as many moments you can think of that will make you glow inside

You can then group them into everyday moments - those requiring somebody else too and those requiring either money or planning

Tick them every time you create that moment

Add more over time

Jot down what makes others close to you sparkle

Add these into your action planning and tick them when they occur. Treasure the responses you receive.

**Chapter 10 - Keeping your diamond sparkling**

* + Making it a habit
	+ Boldly asking for change
	+ Staying connected, vocal and growing

**NOTES**

What might be your overall life goal every decade?

Make a note of specific people you trust, with whom you can share your intent, your journey and whom you can ask to support you.

Take time out to share your dream with them, what you and they see missing, your intended actions and any specific requests of them.

Consider where you are on your career trajectory.

If you want to consider flexibility, use separate pages to brainstorm the five areas indicated to propose a win-win solution.

Explore groups to meet in your area or online.

If you think your company would support you and wish to see all their female high potential leaders develop quicker or better, suggest an in-house workshop for the C.A.R.B.O.N. model.

You can visit [www.boardroomreadywomen.com](http://www.boardroomreadywomen.com) or email

explore@realisepossibilities.com for more details

**Chapter 11 - Bringing more sparkle to the world, one step at a time**

* + The positive impact of gender balance in business
	+ Creating more women in more positions of influence

**NOTES**

What have you learned about yourself?

What are your examples where something in the C.A.R.B.O.N. model © has provided you with tools to try something different at work or at home?

Who do you know who will sparkle when you share these strategies with them – with your team, your colleagues or your friends?

Who can you pass on to?

What other challenges have you faced that are not covered in this model?

What other tips have you used that have been helpful as you develop that you’d like to share?