

Module 1 Worksheet

What Can I Do, And Do I Like It?

This is an important brainstorming activity. Take your time and really put some thought into this! Each one of us has gifts, talents, experiences and passions to share. List those things here. As your ideas start to flow and you begin to see all you have to offer, you can begin to develop some solid ideas for your business. There are many ways that you can connect with your perfect audience. If you are familiar with mind mapping, that is a great technique for developing these ideas.

List (or mind map) these things here...

- Hobbies and interests. How do you spend your free time?

- Talents/skills. What are you good at?



What are your past experiences? Don't skimp on this. You have experiences with work, but you also have experiences in life. Many times we find that our *best customer is a past version of ourselves*. Experiences of joy or pain can be critical in helping others. Have you faced and come through a financial nightmare, the loss of a child, depression or other life crises? What about an illness or health problem? It could be something joyful as well, an accomplishment that you know others would love to have an opportunity to share. Chances are if you have faced it, there are hundreds of others going through a similar experience, and guess what? They *would pay for* your help, guidance, and experience.

- List your painful experiences that you can draw on to help others overcome.

- List your joyful experiences that you can others achieve.



So, you've got all those great ideas, talents, skills and stuff listed right? Well, one thing I've learned is that just because we are good at something, doesn't mean we like it! (Take for example a skill you learned at a job you don't enjoy but, hey, it pays the bills, right? Or, a something you have done for years and you are simply burned out on.) Take a few minutes to brainstorm likes vs dislikes, strengths vs weaknesses...

- List your strengths...
- List your Weaknesses...
- List what you like...
- List what you don't like...
- When you are working on something (anything) what makes the hours fly by?
- What are some things you have always wanted to learn about or do?

