



Exercise: Module 1 – Are You a Good Candidate to Be A Podcast Guest?

1. Build confidence in your experience:
 - a. List at least 10 times over the last 12 months when you've provided a solution for someone or helped them move out of a difficult situation.

1.	
2.	
3.	





4.	
5.	
6.	
7.	
8.	





9.	
10.	

b. Look back over your list and imagine you're another person reviewing this catalogue of achievement. Write down what you would think of the person who has accomplished this.

1.	
2.	





3.	
4.	
5.	
6.	
7.	





8.	
9.	
10.	





c. How do you feel now about the experience you have to share?

Notes





2. Plan a 3-minute presentation on your work, record it, and listen back. Ask a trusted colleague or friend to listen too. Note down any feedback they have.

Notes





3. Reflect on your big "Why?" and write down why you do what you do.

Notes





4. Write down how being interviewed on podcasts will help you promote what you have planned in your business over the next 12 months.

Notes





5. Set specific goals for the number and frequency of interview bookings.

Notes

