

## 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.	



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4.	
5.	
6.	
7.	
8.	



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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.	



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3.	
4.	
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7.	



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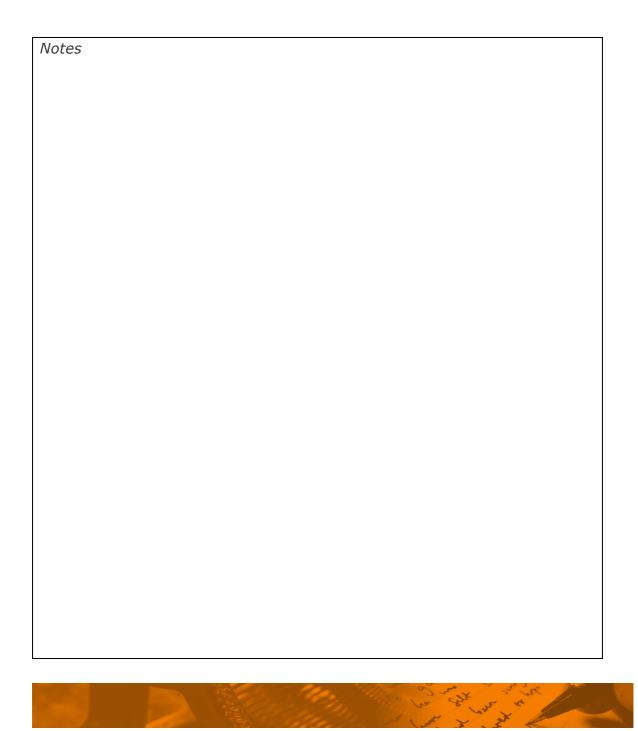
8.	
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c. How do you feel now about the experience you have to share?



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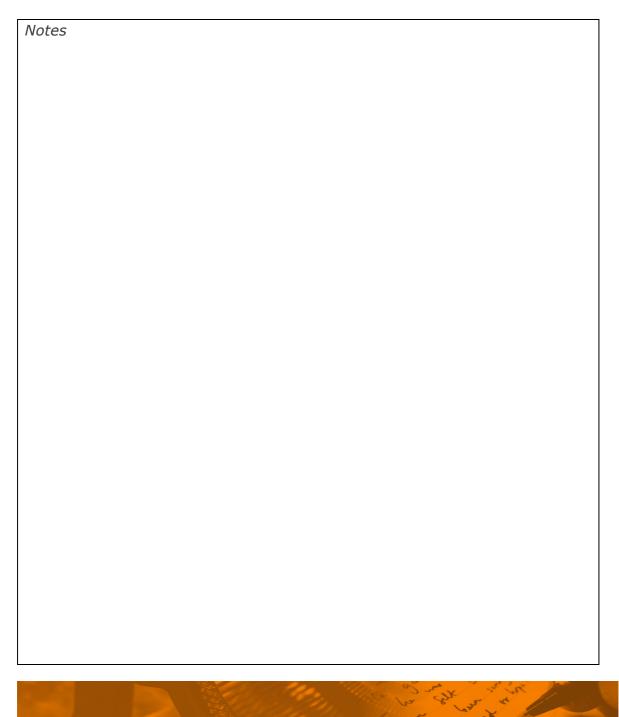
2. Plan a 3-minute presentation on your work, record it, and listen back. Ask a trusted colleague or friend to listen too. Note down any feedback they have.

Notes

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



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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	



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

Notes



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