

# WORKSHOPS DONE ACADEMY CHECKLIST

## Module 03

### Lesson 01: Check Your Mindset

- ☐ Watched the video
- ☐ Reviewed the worksheet
- ☐ Said affirmations daily

### Lesson 02: Why Give Virtual Workshops

- ☐ Watched the video
- ☐ Read the worksheet

### Lesson 03: What You Need to Give Virtual Workshops

- ☐ Watched the video
- ☐ Reviewed the worksheet – Do you need anything to give webinars?

### Lesson 04: Preparing for Your Virtual Workshop

- ☐ Watched the video
- ☐ Filled out the worksheet completely
- ☐ Chose dates for the next workshop and shared them in my FB group

### Lesson 05: Preparing for Promotions of Your Virtual Workshop

- ☐ Watched the video
- ☐ Filled out the worksheet

### Lesson 06: Giving Your Virtual Workshop

- ☐ Watched the video
- ☐ Filled out the worksheet (I would recommend printing this worksheet)

### Events

- ☐ If you are interested in being coached on the Module 03 group call on mindset (2 people), please contact Lori to secure your spot. DM or email me at [info@mindfulhealthwithlori.com](mailto:info@mindfulhealthwithlori.com)
- ☐ Attended or watched the replay for the Module 03 group call