

WORKSHOPS DONE ACADEMY CHECKLIST

Module 05

Lesson 01: Check-In with Yourself + Visualize Success

- Watched the video
- Completed the mindset exercises on the worksheet
- Questioned my negative thoughts daily
- Said affirmations daily

Lesson 02: How to Create Your Prospects List for Workshops

- Watched the video
- Created a prospects list of places and partners for workshops

Lesson 03: How to Contact Venues for Wellness Workshops

- Watched the video
- Contacted at least three places to host a workshop

Lesson 04: Workshop Room Set Up Options

- Watched the video
- Reviewed the worksheet

Lesson 05: How to Create a Workshop Package

- Watched the video
- Updated workshop package sheet with my contact information
- Reviewed the workshop proposal and workshop confirmation letter using my e-brochure to create my own
- Reviewed examples from contracts

Sugar Workshop

- Updated slide deck + practiced full workshop
- Updated marketing materials

Events

- If I am interested in being coached on the Module 05 group call on mindset (1-2 people), creating prospect list or corporate packages (1-2 person), I contacted Lori to secure my spot. I DM or emailed her at info@mindfulhealthwithlori.com
- Attended or watched the replay for the Module 05 group call

0321