Passion Worksheet

1. **What are you passionate about?** Something you can talk about for hours?
2. **Who is your audience**? Don’t be broad, be narrow. Ex: skin care? My audience: anyone with skin! NONONONONO. Any one with certain issues with their skin. (you still serve everyone but you are attracting a specific person.) Get my drift?
3. What is the transformation for your listener? Before the podcast they are….

After listening they will……

Example: before my podcast people may not know they can change their brain.

After listening they will begin to realize they have control over their thoughts and brain.

Your turn.

1. Will you commit to 12 episodes? Yes\_\_\_ NO\_\_\_\_\_

If yes… continue on, if no, now might not be the right time for you.

1. Will you COMMITT to just pushing record and doing it? Not a ton of preparation, do it in your car if you need quiet but will you commit to hitting record and talking and not stopping even if you have “dead air” ( it can all be edited out). Yes\_\_\_\_\_ NO\_\_\_\_\_

If yes continue on…

If no, what is getting in your way? Perfectionism? Yes \_\_\_ NO\_\_\_\_

Fear? Yes\_\_\_\_\_ No\_\_\_\_\_

Dis interest… Not really ready? Yes\_\_\_\_ NO\_\_\_\_

If yes…. Is that fear or perfectionism?

“Done is better than perfect” Jenna Kutcher

You will evolve and you will get better as you go.

I dare you to do this, to push record and go.

Think about this….

Think about five years into the future… where will you be, what will you be doing, who will miss out because you didn’t share your passion?

Who will you not have met because you couldn’t push record?

Ten years? Still haven’t done it.

Get in touch with your feelings,

Now think about this, you have been doing it for five years, and you are a PRO now,

You have learned and picked up tips and tricks and people are coming to you for advice and help. How does that feel? It is a process, a learning an investment in others as well as yourself.

Are you ready?

I dare you!!!