



Workshops Done

CHECK YOURSELF – MINDSET & ACCOUNTABILITY

Continue to watch your inner critique and devote more time to your healthy, strong thoughts instead of your limiting beliefs. Remember, you do not need to be perfect. That is never attainable. It is okay to feel uneasy and scared because you are doing something new. You have stepped (maybe even leaped) outside of your comfort zone. You might not feel balanced right now; this is normal.

If things don't go the way they are supposed to go with your next workshop, think about what you will tell yourself at that moment? Will you hug yourself and learn from your experience or think negative thoughts and possibly quit? Thoughts like, "Who am I to think I could do this?" is junk food for the mind and does not have a place in your life as a health coach and wellness educator. When these limiting thoughts happen, and they will, what will you do? Think on-purpose like a boss! Ask yourself, why would I feel fragile right now? Journal every day until you can get your head on straight again. Remember, they are just thoughts and are not your circumstances. Sitting around and listening to your inner critique will not help move you forward to go big in your Health Coaching business. Talk to yourself to build you and your business up instead of depleting the beauty of what you have to offer. And, you have SO MUCH to offer!

Each time you have a negative thought, think about if that thought is liberating or limiting to your business? Are your thoughts useful or holding you back? You don't have to get the high-paying workshops to tell yourself you are doing well. Celebrate every little win along the way. You are amazing and need to start seeing yourself how others see you as well!

If I can do this – you can too! Don't sit in overwhelm and doubt. Quiet your brain and get still. Build your strength and find peace and confidence in the present moment. Breathe. You've got this!

Know that you will always get better and better at booking, creating, and presenting workshops! In a few years I'll be so thankful looking back at NOW and thinking how much better I have become! We've got to start somewhere, and this is your time!

Courage comes first, then the confidence. All of us have our own fears or insecurities (me included) and we just have to dismiss it and move on. It's not about us. It's all about our clients. They are waiting for us and they need a way to find us!

Confidence comes from repeated action. How do you feel already by taking action in your business? Confidence – right? I was so scared during my first 10-20 workshops and now I feel a little nervous, but always more excited for the opportunity than any other emotion. Again, allow yourself to feel more confident with every step of success.



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Self-confidence means you are going to be a full-time health coach until it works. You will have lessons to learn and you are not going to quit! I have had and continue to have setbacks, but I know I will always keep going — I think about my purpose and my why. Come back to the importance of WHY you give Wellness Workshops? Re-evaluations come from within ourselves. What are we going to take from each lesson or each mistake? Always be thinking what you can learn from each experience in life and in your business?

Remember, we choose our thoughts, and the thoughts we choose create our feelings and the feelings we have create our actions.

Do not choose thoughts that make you feel overwhelmed or limited since those thoughts will stop you in your tracks. That is normal; we all go through this. You've got this and I am always here for you too!

"Find a way and make it happen, I've always been the type of person who couldn't rest until I found a way to make something happen. If I couldn't go around the rock, I'd find a way to go over it, under it or through it."

Joy Mangano

Please reflect on the questions below to check in with yourself.

How are things going? Please see Module Worksheet/To-Do Checklist in Module 1 for a more detailed reference.

- For your business, what are you grateful for during this module?

- What have you noticed since the last module about being mindful of negative thoughts that may hold you back in your business?

- What is your favorite affirmation right now that is helping you to move forward in your business?



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- How is it going with contacting potential venues? What successes and roadblocks have you encountered? Remember, failure is a necessary step to success, they all won't say "Yes" and that is okay, think of it as "Not yet!" instead.
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- Are you setting aside time each week for workshop development and marketing? Or, how do you plan to structure adding this to your business?
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- Do you feel comfortable telling your personal health story? If not, what is your plan to feel more comfortable? (e.g. practice it aloud in your car daily or tell your story to one person per day)
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- Have you started to download the workshop materials? If yes, are they updated with your contact and business information?
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- Do you have the E-Brochure completed? If not, what do you need to finish it?
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- Do you have a marketing plan for the promotion of your next workshop? Are you getting familiar with online places (i.e., Eventbrite, Facebook, Nextdoor, etc.) to promote the workshop?
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- Have you updated the promotional workshop flyers with your contact and business information? A sample flyer could be emailed to your potential clients as well.
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- Have you checked out Canva or other software to create or update promotional pieces?
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- Did you create a Follow-Up Piece to promote your next online program or health coaching? Or, what is your plan to follow up with attendees after your workshop?
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- Do you need to buy anything to bring to your workshops? Review checklist in Module 3.
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- What are you planning to wear to your next workshop? Tips in Module 4.
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- Have you practiced all of your workshops? Would you like to connect via Zoom with a WD friend to practice? What type of support do you need to move forward?
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"An amazing thing happens when you get honest with yourself and start doing what you love, what makes you happy. Your life literally slows down. You stop wishing for the weekend. You stop merely looking forward to special events. You begin to live in each moment, and you start feeling like a human being. You just ride the wave that is life, with this feeling of contentment and joy. You move fluidly, steadily, calm and grateful. A veil is lifted, and a whole new perspective is born".

Unknown

QUESTIONS?

Post in our private, member-only Facebook Group at <https://www.facebook.com/groups/workshopsdone/>, and I will get right back to you.

To access the Workshops Done Program, please go to <https://courses.workshopsdone.com/>

Lori Kampa Kearney

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