

Workbook



Soulful Podcasting vs. Soul Sucking Social

Why Soulful Podcasting

3-Day Event Details



Day 1 Choose
Your Adventure



Day 2 Discover
You



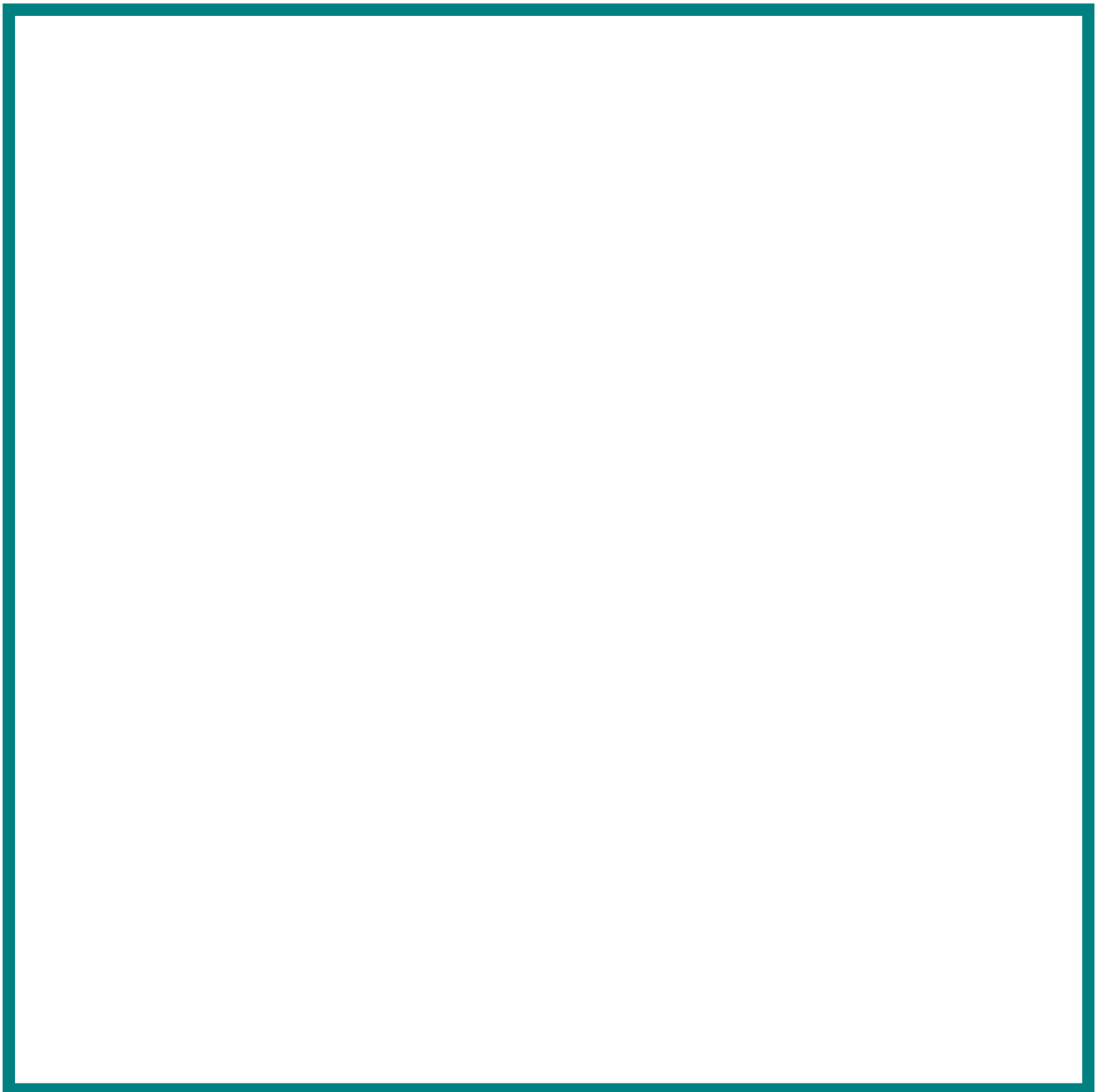
Day 3 Take
Messy Action



Day 4 Surprise

Day 1: Choose your Adventure

Daily Notes

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Day 1: Choose your Adventure

Reasons to Podcast

Day 1: Choose your Adventure

Discover your Path

	Y	N
Q1: Do you believe in podcasting	<input type="checkbox"/>	<input type="checkbox"/>
Q2: Do you have at least 3 hours a week if you knew your marketing would convert? ** If this is a NO, Guesting ONLY	<input type="checkbox"/>	<input type="checkbox"/>
Q3: Do you want to build a community of soul aligned people?	<input type="checkbox"/>	<input type="checkbox"/>
Q4: Do you have a unique story or have you overcome something?	<input type="checkbox"/>	<input type="checkbox"/>
Q5: Have you EVER listened to a Podcast?	<input type="checkbox"/>	<input type="checkbox"/>
Q6: Are you sick of having your content only last for 24 hours?	<input type="checkbox"/>	<input type="checkbox"/>
Q7: Can you teach something?	<input type="checkbox"/>	<input type="checkbox"/>
Q8: Do you have a course, product, or service or want to build one?	<input type="checkbox"/>	<input type="checkbox"/>

NOTES :

Day 1: Choose your Adventure

Adventure Awaits

Let's get some basic details out of the way

Q 1: What are my three favorite topic to chat about? At least one of them something you can teach.

Q 2: Who do I want to talk to? This isn't your deep dive avatar, just high level, who are you talking to

Q 3: Some ideas for show topics. Think about the above 2 questions and come up with a list of topics



DAY 2

I'm so excited you are ready to take back your life and start living with your "crap" instead of as your "crap"

Anyway, I hope you enjoy this exercise.
Much Love,

Jenn

What's inside

WHAT IS MOST
IMPORTANT TO YOU?
Let's talk PRIORITY

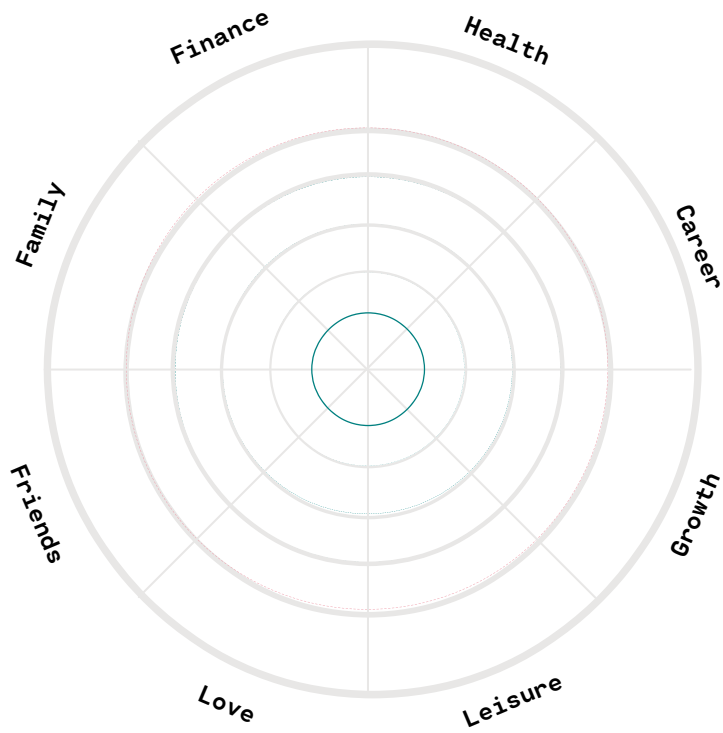
WHAT DOES YOUR
IDEAL LIFE LOOK
LIKE?

Dare to Dream Big
The Sky's the limit!

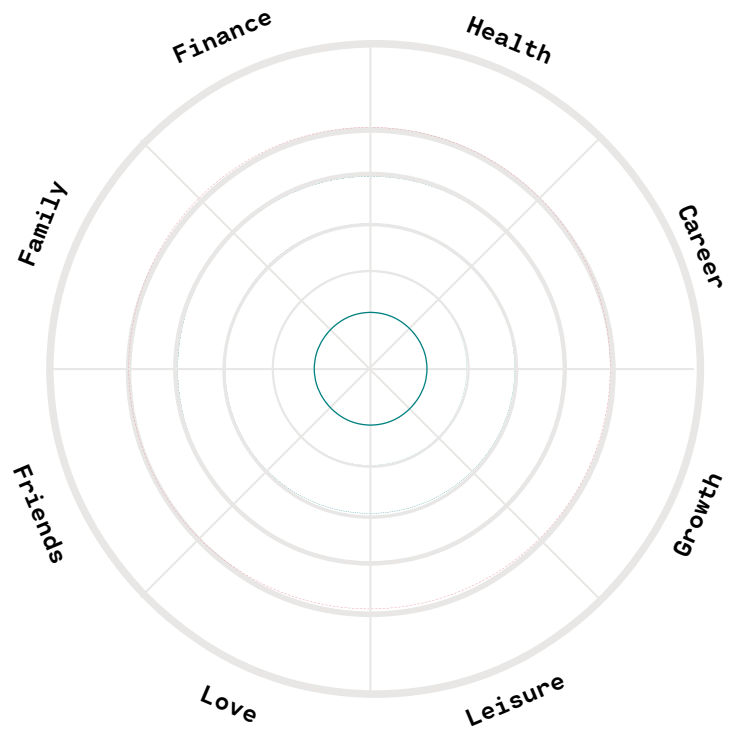
YOUR POWER WORDS

- Priority Statement
- I Am....
- Life Mantra

My circle
right now



My dream
circle



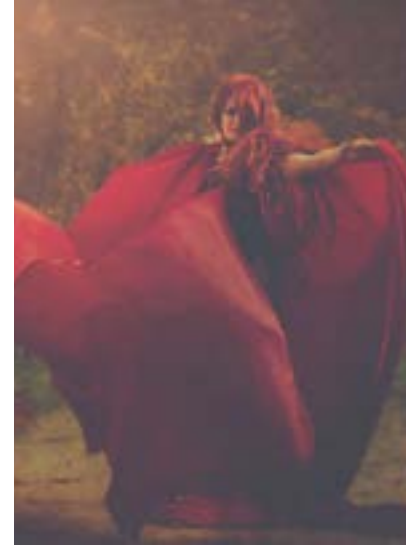
CREATE YOUR PRIORITY LIST

It's time to figure out what is most important to you. Now it's time to figure out how they rank in your life

Top 5 Priorities-IN ORDER

Important People List-Remember
no one needs to see this! Ever.

1	
2	
3	
4	
5	



Looking into the future, what do you want to see?

ENVISION YOUR LIFE

What Feelings do you feel. All the feels are welcome!



I see it, I see my ideal life

vWhat are you doing, now that you are able to

What are you doing, now that you are able to. Dream Big, but don't forget about the small things, like being social.

- DISCOVER YOUR OPTIMISM WORDS -

When you struggle with chronic crap it is easy to get stuck in the negative of your symptoms/condition. This exercise allows your thoughts to start shifting to the positive. You can easily create these into simple saying you can use to shift you out of the dumps and back on to the path of the life you love. Ready set, GO!

Now write out all the optimistic things you came up with using those startrs

I can...
I will...
Anything is possible..
Potential to..
I'm hopeful...
Rewarding myself by...
___ is doable because ___
I have another chance to...
The possibilities are endless to...
I feel most upbeat when...
I love this about my body....
I am grateful for...
___ is an amazing part of ___
Amazing things in my life are...

CREATE A LIFE MANTA/QUOTE

From the Above. Create some short one liners that make you smile. These are going to be your life mantras to get you out of the trensious that you can post everywhere and use all the freaking time. Challenge: Post one of them in the community for extra motivation and support!



THE POWER OF "I AM"

I AM STATEMENTS
FOR DAILY CONSUMPTION

I AM

I BELIEVE

I CHOOSE

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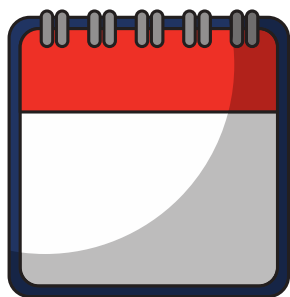
WHEN AND HOW TO USE THESE BAD BOYS!

Mantras
Everyday
Everywhere

**Your Priority
Statement allows you
to easily make
decisions**



POST-ITS & REMINDERS



Schedule a daily calendar
reminder on your phone with
your favorite "I Am", Mantras,
or Motivation

Create 3 Post-It notes. What do they say? Where are they going to stick?



Day 3: Messy Fast Action

MY GOALS



5 things I need to
complete

1

2

3

4

5

Day 3: Messy Fast Action

One-Month Roadmap

- 1
- 2
- 3
- 4
- 5
- 6
- 7
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- 29
- 30

Day 3: Messy Fast Action

Declaration Statement

Your Title Goes Here

Avatar

WHAT IS HER/HIS NAME, AGE AND GENDER?

LOCATION AND OCCUPATION

HOBBIES AND INTERESTS

VALUES, PRIORITIES AND RESPONSIBILITIES

DESIRES, DREAMS AND GOALS

