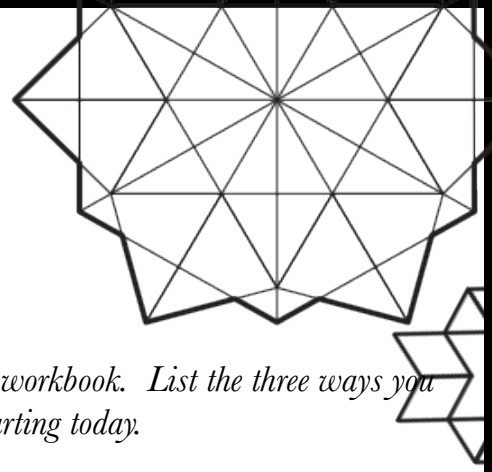


# PERFORMANCE

## Action Plan



- ❖ *Watch the Overcoming Fear lesson and follow through using the workbook. List the three ways you need to address your fear, and how you're going to overcome it starting today.*
- ❖ *Read Elizabeth Gilbert's book 'Big Magic'. (Probably my all time favourite book about living a creative entrepreneurial life, seriously read it!)*
- ❖ *Watch the 10 Biggest Fears lesson and determine what your biggest fear is! Once you know it, show it who's the boss by calling it out in the Facebook group. Let everyone know that you won't be crippled by that fear anymore!*
- ❖ *Review the Body Language lesson and accompanying workbook.*
- ❖ *Share with the Facebook group which hand gestures you worked into conversations this week and how it felt doing them. Was there any resistance? Or did you love knowing that you were really emphasizing your words and enhancing your message with your hand movements?*
- ❖ *Watch Amy Cuddy's Ted Talk on Power Poses (link in links section) and bring awareness to how your posture affects your power. Test out a high power pose when needed this week.*
- ❖ *Discover Vocal Performance and learn my top 5 Master Speaking techniques.*
- ❖ *Practice your Tongue Twisters and post in the Facebook group which one you really struggled with!*
- ❖ *Record your before and after vocal exercise and post the audio file in the Facebook group. This may seem a little too exposed for you, but you need to build confidence of your own voice in situations where this is little-to-no significance – like in our group! Plus we are all really supportive in there and ready to cheer you on!*
- ❖ *Watch the rehearsal lesson and discover my 4 step rehearsal process.*
- ❖ *Complete the content mapping exercise and compare your final content map with mine! Just post yours in the Facebook group and I will share mine with you!*
- ❖ *Record your version of my Pre-Party Performance, and post it in the Facebook group. Remember we are your cheerleaders, and your aim here is not to be perfect (remember your audience doesn't want you to be perfect), your aim is to build confidence with being visible in situations of little significance.*