

Pick Me Pick Me

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What characteristics do the top teachers, DVD stars, and fitness hosts have in common? They create a bond with their student or audience. They empower with their actions and their words. They excite and provoke change. Learn the secrets for success that top presenters, DVD personalities, leaders in both professional and consumer fitness markets use to inspire, challenge and to assure being "Picked" every time

The Pick-ability Factor

Self assessment

1. What makes me so special?
2. What sets me apart from the crowd?
3. What will give me the edge above the rest?
4. Why do I want to step out?
5. Am I ready for the challenge?
6. Am I in this for the right reasons?

The Cream only rises to the top

1. Attitude and Gratitude
 - a. We are only as good as the performance we are about to give
 - b. We are never owed anything
 - c. It's all good
 - d. Consistency
2. Knowledge and Preparation
 - a. Knowledge provides the roots for a strong foundation
 - b. Knowledge is power or so they say
 - c. Preparation provides the catalyst for creative play
3. Understanding and Passion
 - a. Understanding provides the backbone and the legs to stand on
 - b. Passion separates the players from the posers
 - c. Passion IS the most important piece
4. Genuineness and Authenticity
 - a. Haven't seen anything else like
 - b. Making your mark
 - c. Rocking the boat

5. Direction

- a. Dreaming the dream
- b. Creating the plan
- c. Following through

Let's get this party started

Dreaming the Dream

1. What do I want and why
2. What is standing in my way
3. Aiming high

Creating the Plan

1. Writing my list
2. Setting my goals (A goal is a dream with a deadline)
 - a. Smart
 - b. Specific
 - c. Measurable
3. Learning the lessons

Following Through

1. Daily duties
2. Influential people
3. The nuts and bolts of:
 - a. DVD production
 - b. Direct response marketing
 - c. Product creation

Diving In

1. There's no time like right now - steps to take, changes to make
2. Action Plan
3. Tool Kit

NOTES For more Dreams

Thanks for attending. Great luck to you.

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