



Mentoring Program

Successful Business Building Steps

Course 2 Module 4 Lesson 9

Alphabet Soup 1: The ABC's of MY Topic

1. Print this page or create a page of your own.
2. Meditate on your topic (Grief, Self-Worth, Tweens, Weight Reduction, etc.)
3. Just play with this and let intuition come through for you. For each letter of the alphabet, write one to three words that you would use or could teach on that relate to your topic.
4. Do this over and over until you've found your favorite words and are psyched about how broad your knowledge on your topic really is!
5. Next, get a new tablet just for this process (or you can create a Word, Excel or OneNote document). Whatever you do, make sure it's recorded where you can easily get to it and edit it often. Put ONE word or phrase at the top of each page and write 3-5 paragraphs about what you know, think, feel, and want to teach around that word and what it inspires on your topic.
6. Practice this at least once each week to keep your mind focused on your topic and to capture the new words and phrases you hear, read or think of.
7. This will be GOLD when you're ready to start marketing and sharing your gifts with the world!

Jan's Example on the Topic of Grief

Anger as a stage and how to handle it

Bereavement vs. grief

Comparing your grief to others is not helpful

Death, Divorce, Diagnosis, Disaster. . . .

EGO and Grief

Forgiveness

God where was He, what are my beliefs?

Honoring the love without suffering, holding on too tightly

I think you get the idea, yes?



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Alphabet Soup 1: The ABC's of MY Topic (continued)

A
B
C
D
E
F
G
H
I
J
K
M
N
I
P
Q
R
S
U
V
W
Z