



Mentoring Program

Successful Business Building Steps

Course 7 Module 4 Lesson 5

Your Workshop Handout (Template)

www.JanLuther.com

The Rejuvenation Station, LLC
(704) 563-0874

Clearing Cravings

What do you Crave?

Is there a time of day when you seem to crave it most?

How long have you been annoyed by this habit?

Can you remember the FIRST time you were introduced to this?

Phrases: _____

Initial SUDs _____ 2nd SUDs _____ 3rd SUDs _____



Mentoring Program

Successful Business Building Steps

NOTES:

It is a proven fact that *when people write on the paper, they will take it home with them.*

Be sure that your contact information is on it as a header or footer AND put any announcements or promotions on the back.

I cannot tell you how many times I've had someone call me *months or even years after an event* **because they'd kept the handout.**

The most astounding was 7 years AFTER the workshop and they confessed that they had such a profound experience in the workshop that the handout had been on their bulletin board in their office all that time!