

A top-down view of a desk with a laptop, coffee cup, and notebooks. The background is a soft-focus image of a workspace. A teal rectangular overlay is centered on the page, containing the title and subtitle. The title 'How to' is in a white script font, and 'OVERCOME FEAR OF SELF-PROMOTION' is in a white sans-serif font. Below the title, there are two horizontal white lines flanking the subtitle 'Printable Worksheet'. At the bottom of the teal overlay, there is another teal rectangular bar containing the website address 'CHRISTINAGREVE.COM' in white sans-serif font.

How to

OVERCOME FEAR OF SELF-PROMOTION

Printable Worksheet

CHRISTINAGREVE.COM

Identify your top four reasons/blocks for avoiding self-promotion:

My fear of.....

My fear of.....

My fear of.....

My fear of.....

When you hold yourself back from self-promotion, how do you feel? How does it limit your business growth? How does it affect your brand?

When I hold myself back from self-promotion I feel....

When I hold myself back from doing self-promotion it limits my business growth and prevents me from.....

When I hold myself back from doing self-promotion it hurts my brand in a way that...

If you had NO fear of self-promotion and fully trusted yourself and your offerings, how would you promote yourself?

If I had no fear of self-promotion and fully trusted myself and my offerings I would....

If I had no fear of self-promotion and fully trusted myself and my offerings I would....

If I had no fear of self-promotion and fully trusted myself and my offerings I would....

Self-promotion is not about being a sleazy sales person, it's about sharing value, inspiration and serve your audience. How can you help? What value can you share?

I can help people with....

The things that are easy for my to talk about are.....

I love to share inspiration about....

The experiences I like to talk about and share information about are....

The things I love to connect with people about are.....

My offerings and my business are amazing because....

The only way to overcome fear of self-promotion is by taking daily or weekly action. How can you start promoting yourself and your offerings?

I am determined to overcome my fear of self-promotion so I can grow my dream business, therefore every DAY I will....

I am determined to overcome my fear of self-promotion so I can grow my dream business, therefore every WEEK I will....

I am determined to overcome my fear of self-promotion so I can grow my dream business, therefore every MONTH I will....

What are your TOP four motivational reasons for doing self-promotion from now on? What are your reasons for making self-promotion non-negotiable?

1. I'm doing self-promotion and making it non-negotiable because...

2. I'm doing self-promotion and making it non-negotiable because...

3. I'm doing self-promotion and making it non-negotiable because...

4. I'm doing self-promotion and making it non-negotiable because...

MY SELF-PROMOTION SCHEDULE

DAILY SELF-PROMOTION ACTIVITIES

WEEKLY SELF-PROMOTION ACTIVITIES

MONTHLY SELF-PROMOTION ACTIVITIES