



*Your Greater
Works!*

**Webinar Learning Lab
Developing Worksheets**

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GET RID OF TOXIC RELATIONSHIPS AND TIRESOME TASKS

LEARNING LAB #1

1. Assess current key relationships (family, friend, client, other).

RELATIONSHIPS THAT CAUSE ME STRESS AND DRAIN MY ENERGY			
Name	Relationship	Stressors	What to do

2. Identify boundary issues you need to work on. Determine where you need to shore up your boundaries with clients or customer. What do they habitually do that you have put up with, and want to change?

- Habitually canceling appointments at the last minute
- Never paying on time
- Constantly badgering me for free services or reduced rates
- Habitually missing appointments without contacting me

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- Being chronically late
- Refusing to “hear” me when I attempt to close a session at its conclusion
- Blaming me (or others) for their failures
- Making chronic excuses for not doing assignments or following my professional advice
- Being rude, bossy or insulting

EXERCISES: BOUNDARY RE-SETTING

1. What will the drawbacks be, if I insist on proper boundaries with problem family members or friends?

- _____
- _____
- _____

2. What will be the benefits I will gain, if I assert my boundaries with problem family members or friends?

- _____
- _____
- _____
- _____
- _____

**COUNT YOUR BLESSINGS: MAKE A LIST OF ALL THE THINGS
YOU HAVE TO BE GRATEFUL FOR**

LEARNING LAB #2

MAJOR blessings in my life

SMALL blessings I take for granted

Things that bring me daily joy

Miracles I've experienced in my life

BUILDING CREDIBILITY - LEARNING LAB #3

Questions to Ask Yourself	Your Answers
1. What is my mission – my single, most passionate purpose for being in business? What do I want to be known for?	
2. What credentials do I have?	<input type="checkbox"/> Degrees <input type="checkbox"/> Certificates or certification <input type="checkbox"/> Accreditation <input type="checkbox"/> Licenses <input type="checkbox"/> Other _____
3. What professional organizations do I belong to - and have I included their icons or stamps on my website?	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
4. How many years' experience do I have in my field?	<input type="checkbox"/> _____ <input type="checkbox"/> _____
5. What level did I attain?	<input type="checkbox"/> _____
6. What qualifications do I still need to acquire?	<input type="checkbox"/> _____ <input type="checkbox"/> _____

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Questions to Ask Yourself	Your Answers
7. What level is my ideal client or customer at?	<input type="checkbox"/> Entry level <input type="checkbox"/> Some experience; ready for more <input type="checkbox"/> Experienced <input type="checkbox"/> Advanced <input type="checkbox"/> Other _____
8. What is the most valuable skill or knowledge I can teach or share with my ideal client?	
9. What is my client's most overwhelming problem? Where does he or she feel "stuck"?	
10. What is my best solution? Why?	
11. What proven results can I share?	