

The Value You Bring

Let's take a closer look at the value you provide. We'll also be using the answers to this worksheet in Module 3, so hang on to it!

1. Have you personally overcome or resolved challenges similar to those of your clients? What were they? Write them down. Have you been in their shoes?

2. What was it like dealing with this/these challenge(s)? Can you put yourself in that place right now? What do you most want? What could someone do to help you? Write it down.

3. How did you overcome or resolve it/them? What qualities did it take to overcome it/them?

4. What was it like on the other side of this challenge? How fulfilled were you? How grateful were you? What did it feel like?

5. How can your experience help others who are going through this challenge or a similar one? Why is your experience important?

6. If there is more than one challenge, which would be the most fulfilling for you to help with?