

TELL YOUR STORY

5 DAY CHALLENGE



DAY 3

Rehearse Your Story

WHAT DOES “REHEARSE” MEAN?

Rehearse means
“practice and make it better.”

Rehearsing is a gesture of respect to your audience. You respect your audience and their time. Therefore, you’re willing to put in the extra work that’s required to show up prepared, confident, and ready to nail it.

REHEARSAL TIPS:

- ▶ Read your story aloud.
- ▶ Notice any parts that sound clunky or awkward. Edit.
- ▶ Read it again.
- ▶ Share it again but without having a script in front of you. Practice telling the story as if you're at a dinner table, talking to a student, on a podcast, or onstage.
- ▶ Rehearse means "make it better," not "make it perfect." You could rehearse for 1,000 hours and it will still not be perfect.

READY IN 5

5-minute exercise to get you physically and emotionally prepared to deliver your story to an audience.

Do “Ready in 5” right before any high-stakes moment, like a pitch, presentation, or Livestream.

#1

#2

#3

#4

#5

RECAP

- ▶ Do not tell a story in public unless you've rehearsed it. (This usually ends badly.)
- ▶ Rehearsing means reading aloud, tweaking, reading again, and then sharing your story without notes (off-book) as well.
- ▶ It's not about perfection. It's about improvement, familiarizing yourself with the material, and building confidence.
- ▶ Even if you only have 5 minutes, that is better than nothing. A little preparation is better than none at all.
- ▶ You can rehearse in front of a cozy, friendly audience (your favorite clients who absolutely adore you) before speaking in front of a scarier audience (complete strangers who don't know you).
- ▶ Rehearsal is a gesture of respect to your audience. (And, rehearsing will lead to more conversions & better results.)

DAY 3

YOUR ASSIGNMENT FOR TODAY

- ✓ Upload a 60-90 second vertical video of your story.

DO NOT GO OVER 90 SECONDS FRIENDS!
Don't read from your paper simply tell the person on the other side - What Happened, What You Learned, and What You Want Them To Do!

TELL
YOUR 5 DAY CHALLENGE
STORY