



4 SECRETS TO  
**SPEAK**  
&  
**INSPIRE**

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MASTERCLASS WORKBOOK  
WITH LISA NICHOLS

# WELCOME TO YOUR MASTERCLASS WORKBOOK

## 5 Tips to Get the Most Out of This Masterclass

1. Print this guide before the Masterclass so you can take notes as you listen. You can also download and type directly in the guide to save paper.
2. Review the contents of this guide before the Masterclass so you know what to expect, and you can best set aside private time before, during, and after the Masterclass to complete the activities.
3. You can pause the Masterclass video to take notes or fill in the blanks by clicking on the video screen.
4. Think of how you can quickly implement the secrets revealed in this session to improve your communication and impact.
5. During the Masterclass, use the dedicated space on the right side to write down **ALL** interesting new ideas and inspirations you get while listening - that way you won't lose the most relevant information to **you**.

**“The distance between you and everything you want is your language, your communication, and how you speak.”**

- Lisa Nichols

# WHAT TO EXPECT

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# 1. PRE-MASTERCLASS EXERCISE

## Start with Intention

Write down and set your positive intentions here. What are your intentions for joining this Masterclass? What do you hope to leave with?

**“There are no accidents; there are Divine Appointments.”**

- Lisa Nichols

## 2. SELF-ASSESSMENT QUIZ

Assess your current public speaking and communication skills with this self-assessment. Let these scores serve as an indicator on what areas you should focus on improving. How true are these statements to you?

<b>Rate yourself on these statements on a scale from 1 to 10. (1 - least true; 10 - most true)</b>	<b>Rate 1-10</b>
1. I am crystal clear my mission/message I want to share with world.	
2. I am confident speaking in front of an audience.	
3. I know my unique voice.	
4. I am intentional with how I use my voice and seek to create value in the lives of others.	
5. I am able to use stories to inspire others.	
6. I shine my true authenticity wherever I go.	
7. I know how to engage and connect with people at a deep-level.	
8. I know how to create a safe space for vulnerable conversations to occur.	

Use the space below for any additional notes.

## 3. 4 SECRETS TO SPEAK & INSPIRE

Follow along the Masterclass and fill in the blanks. **You can pause the video to write down your answers or take notes on the right. Click on the video to pause.** But pay attention, because you cannot rewind!

### Notes

If you study great orators, they all have a \_\_\_\_\_.

The smartest thing we can do is recognize the \_\_\_\_\_, and become conscious of them.

Telling a story is like building a building; the \_\_\_\_\_ are the bricks, while the story is the \_\_\_\_\_ that holds it together.

### SECRET 1 : Set the \_\_\_\_\_

You need to take your audience to a \_\_\_\_\_ and a \_\_\_\_\_.

You can earn respect via content, but your audience remembers you from your \_\_\_\_\_.

### SECRET 2 : \_\_\_\_\_ vs. Tell a Story

It becomes a game changer when you begin to \_\_\_\_\_ your story.

When you show a story, you help others tap into a \_\_\_\_\_ or a confirmation.

When you give your audience the gift of affirmation, they give you back \_\_\_\_\_.

SECRET 3: Be \_\_\_\_\_

Your best stories don't look like stories today, they look like an \_\_\_\_\_.

"I can teach you a lot of things, but I won't teach you how to play \_\_\_\_."

The darkest moments in life are gifts wrapped in \_\_\_\_\_. They are the breadcrumbs to your \_\_\_\_\_.

SECRET 4: Maintain \_\_\_\_\_

Having a \_\_\_\_\_ makes you a game changing speaker.

"Comparison is, and will always be, the stealer of all \_\_\_\_."

Whether an audience of 1 or 1000, people are looking for \_\_\_\_\_.

When you share your story, it's important to take me to your valley and bring me \_\_\_\_\_.

**PART 2 OF YOUR GUIDE IS NOW OVER.  
YOU MAY PUT THIS GUIDE ASIDE UNTIL THE END OF THE MASTERCLASS.  
ENJOY THE REST OF YOUR CLASS!**

## 4. TEST YOUR KNOWLEDGE

Complete this quiz after the Masterclass to solidify your learning.

1. As Lisa mentioned at the beginning of the Masterclass, all great orators have a formula for speaking. Describe this formula.
2. What is the first thing you do when you start to tell a great story?
3. Lisa shared a secret that captivates your audience, makes people fall in love with your characters, and helps tap into your audience's void or confirmation. Which secret was that?
4. Lisa said that you do not need to make up your story. The truth is so sexy. Where is the best place to look for your stories?
5. Explain what Lisa meant by taking the audience into your valley? What must you always remember to do?



## 5. BONUS EXERCISE

Try this exercise using the secrets Lisa revealed in the Masterclass to craft your unforgettable message. Use an extra piece of paper if you need to.

1. Identify and write down 3 incidents that you want to craft into a story.
2. Make bullet points of what happened in those incidents.
3. Identify how this story will leave the audience of 1 or 1,000 feeling at the end.
4. Ask yourself if that is the feeling you want your audience to have?
5. If it is not the feeling you want to leave your audience with, how do you tell the SAME story but create the end feeling that you want to leave your audience with?
6. Try to avoid telling people. Show them.

## 6. REFLECTION

The right questions can spur your unconscious mind to feed you the right answers. So ask yourself... (Use an extra piece of paper if you need to).

1. What would your life look like if you were to discover the full power of your voice and how to use it?
2. How can you contribute more to your family, relationships, yourself, and community if you enhance your communication and ability to inspire?
3. How will your life change once you remove the fears and limitations in your language and communication?
4. What is the one thing you can do right now to demonstrate you are dedicated to elevating your communication and impact?

**THANK YOU for joining Lisa Nichols' Masterclass!**



Please visit <http://bit.ly/2GxoH1C> to learn the true power of your voice, what happens when you don't use it, and the transformational impact of mastering the art of powerful communication.

Watch through to the end of the Masterclass to unlock a special reduced price as a thank you for participating.

## 7. TESTIMONIALS & STUDENT STORIES

**"Lisa is an incredibly gifted individual."**



"Lisa is an incredibly gifted individual in her ability to inspire, motivate and empower people of all ages. It has been my good fortune to work with some of the legends in the speaking industry. As a speaker, Lisa ranks at the top with the best of them. As a facilitator, she is unequaled."

~ Barry Spilchuk

*Co-Author of The New York Times Best Selling Book Series Chicken Soup For The Soul*

**"I had a paradigm shift."**



"After an intensive 1-day training with Lisa, I had a paradigm shift, which resulted in enrolling 32 powerful women to contribute and participate in my launch of GREATful Woman. "

~ Stephanie Bavaro

*CEO and Founder of GREATful Woman*

**"Truly winning the hearts of her audiences."**



"Laughter to tears and right back to laughter again. More than a great orator, Lisa has the capacity of truly winning the hearts of her audiences."

~ Dr. Jim Turrell

*Founder and Pastor of Center for Spiritual Living*

## "The positive impact in my life has been amazing."



The positive impact in my life has been amazing. 'Speak & Inspire' is how our daily interactions & communication should be.

What I have learned in this course is incredible, I am able to use many skills in my daily communication.

I am also more confident now, knowing that the nurturing approach is spot on.

~Harsheila

## "This course is hugely transformational."



This course is hugely transformational. Lisa's content was amazing, but the support in the Facebook group and the "tribe" element is the most significant part of the course.

The tribe is such a powerful component of this course. Lisa did a great job of setting an example of being transparent and she helped us create a safe space where we could be open and share ourselves and give and receive positive feedback, and that environment was really fertile soil for some amazing growth to take place.

~Becky

## "This was by far the best thing I could have done for myself."



The international community, the diversity, unity of language, culture and experience was incredible. Learning to continuously step forward in my personal learning was incredibly rewarding and I've made friendships I never expected.

This was by far the best thing I could have done for myself. Mindvalley and Lisa's ability to make us feel like valued individuals created an experience that went above and beyond my expectations.

~Angela

For more information on Lisa's Speak & Inspire quest, visit: <http://bit.ly/2GxoH1C>