# THE GREAT /// /// WORKSHEET

declare **who** you are & **why** your work matters

only one rule: don't overthink it

Created by **ALEXANDRA FRANZEN** 

#### This worksheet is designed to be completed

# FAST. Like, really, really, really, last.

#### Think:

Leaping onto a trapeze ...

Swinging in the breeze ...

Focused, wondrous, accelerating with ease ...

Nooooo time to edit (or freeze).

The great I AM worksheet includes 10 elements.

Give yourself TWO MINUTES to complete each element. That's it. Trust me on this.

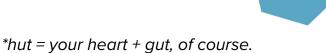
Because, if there's one thing I've noticed — after working with 300-ish humans — it's that most of us tend to overthink our writing & communication.

We give ourselves (way) too much time to make it "perfect" — and send ourselves into maddening spirals of confusion in the process.

When you give yourself a ferocious time limit to pour out your thoughts, magic transpires.

You stop writing from the brain, and start writing from the **hut**\*.

So, get your hut fired up & ready ... and let's GO!



1. I am a	
Insert your job title here.	
Don't worry if it sounds "boring." Don't worry Definitely don't worry if it sounds "wacky."	if it sounds "braggy."
Jot down the very thing that comes to mind.	

#### 2. But really, I'm a ...

Who & what are you ... really?

What's your soul title? Your spirit name? Your halfway-in-the-closet identity? Your superhero alias? (Don't mull. Just go.)

3. I am amazing at			
Jot down the first three or four things that bubble into your brain-tank.			
Circle the one that feels like something you'd like to be known	for.		
4. And I've devoted most of my life to  Studying / exploring / questioning / mastering / helping / teaching leading / sharing / serving / doing what?	ng / fixing /		

5.	When	you	work	with	me,	you	can	ex	pect	•••	
Jot	down the	benefit	ts that of	her hum	ans re	ceive,	when t	they p	oartner	with	you

(or read your books, or see your art, or listen legendary bear-hugs)	to your words, or get one of your

#### 6. And you'll probably be surprised & delighted by ...

Got quirks, hidden talents, or an unexpected approach to your line of work? Give it here.

it alleviates the suffering caused by it makes the world a place it allows people to experience without it, we'd all be or, what?	

#### 8. And I am here to remind you that ...

This is your message, your final battle-cry, the big WHY.

The words that are going to be inscribed on your tombstone.

You are not confused. You've got this. GO.

#### 9. My question for you is ...

What do you secretly wonder about everyone you meet?

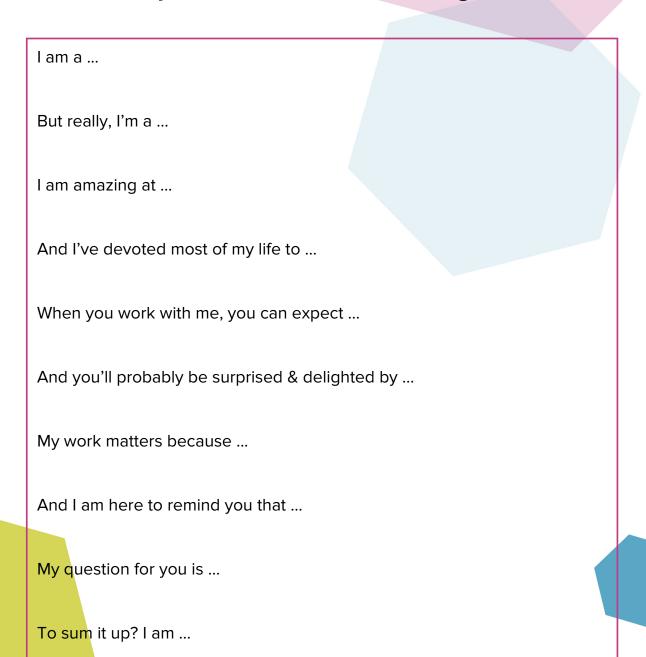
What do you wish your fellow human beings would ask themselves?

What's your favorite ice-breaker, soul-shaker, conversation-maker?

#### 10. To sum it up? I am ...

- ... not for the faint of heart.
- ... the slightly-psychic auntie you always wanted, but never had.
- ... a work in progress.
- ... a work of art.
- ... a teacher, a student, and everything in between.
- .... completely astonishing.
- ... (your closing thought, here.)

#### Take a deep breath & weave it all together.



You are done.
You are amazing.
And you are ...
NOT CONFUSED.

Keep writing fast, easy & free, straight from the hut.

## About the Author

### Alexandra Franzen



I want to live in a world where emails are short, love letters are brave, and 'thank you' notes are scribbled by hand.

I play every day by making up songs about my toast, planning outfits for when I'm fabulously elderly, and dreaming up new ways to shine up & serve the world.

I write about how to be a better writer. Which really means I write about being understood. Which really means I write about LOVE.

#### The basic nuts & bolts:

I've been spotlighted on over 50 blogs & radio programs on writing, communication, creativity and entrepreneurship, and in a handful of books, including *Grow Your Handmade Business*, *When Talent Isn't Enough* and *The Declaration of You*!

My first print book —  $50 \ Ways \ To \ Say \ You're \ AWESOME$  — will be released in September 2013. Mark your calendar. It's gonna be MEGA.

You can find me online at AlexandraFranzen.com & on Twitter at @Alex\_Franzen. (I'm allergic to Facebook, but I still want to be your friend.)

XO.



# Want more? I got you covered ...

If this worksheet rocked your magnificent world, there's plenty more where that came from.

#### Three things you can do next:

- 1. Hop over to my website & explore all of my laser-lucid lessons on communication, writing, self-expression, creativity & entrepreneurship. (You might want to start with these 15 posts. They're awfully popular.)
- 2. Register for a WRITE YOURSELF INTO MOTION workshop. It's a weekend of wordsmithery with me & 20 new friends. I'll be teaching in 7+ different cities in 2013. See you on the road!
- 3. Prance over to my SHOP and treat yourself to a script pack or wee-book. They're pretty, practical & delightfully playful.

#### AND!

If this worksheet — or any of my digital scribblings — made your day, made your week, triggered an epiphany, or helped catapult you forward, tell me about it.

No one on earth can do what you do, in precisely the way that YOU do it.

XO & thank you for being in my orbit.



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You'll find my bio & headshots right here. Gracias.