

## **MODULE 4 WORKSHEET:** **CREATING YOUR CHALLENGE**

For this module, refer to the worksheet of Module 3 and expand in detail on the General Outline and Daily Assignment areas you filled in the table for each day of the Challenge. When you are done, you should have the entire content of your 5 days ready to be delivered, in whatever format or formats you chose (videos, emails, PDFs etc.), and a clear daily assignment your members will have to complete and post about in the group.

This step can be challenging and time consuming, but don't be tempted to skip it with the hopes of completing it once everything else is ready! If you want a smooth and successful Challenge, you need to be prepared, and actually creating the content and having it ready to be delivered is a huge part of it. It will not only mean you have all the content, but it will also grow your confidence and give you a sense of achievement, and will help you when you work on other aspects of your Challenge (marketing, sign up page etc.).

If you cannot complete the creation of all the content at this point (for example, if you are waiting to get a microphone or webcam etc.), at a minimum, make sure to have everything you need written down in as much detail as possible so you can just record your video presentation or copy and paste the text, into the right place once you are ready.