

Kelly McCausey's {Stretch YOURSELF} Challenge

- ___ Spend some time considering your goals & dreams.
- ___ Write a simple mission statement for your business.
- ___ Identify three primary points you want to make and be known for.
- ___ Build this mission statement and primary points into your 'About' page.
- ___ Also build them into your mailing list welcome email.
- ___ Write a 600 word article about point one.
- ___ Write a 600 word article about point two.
- ___ Write a 600 word article about point three.
- ___ Distribute these three articles to as many directories as you can.
- ___ Write a blog post on your own blog about point one.
- ___ Write a blog post on your own blog about point two.
- ___ Write a blog post on your own blog about point three.
- ___ Offer to be a guest blogger about these topics on relevant blogs.
- ___ Inquire about being a guest about these topics on relevant podcasts.
- ___ Combine your articles & blog posts into a free report to give away.
- ___ Record your free report as an audio to give away.
- ___ Create a video that expresses this information in two minutes or less.
- ___ Keep track of all remarks, feedback & questions received.
- ___ Write a 'next level' 600 word article about point one.
- ___ Write a 'next level' 600 word article about point two.
- ___ Write a 'next level' 600 word article about point three.
- ___ Distribute these three articles to as many directories as you can.
- ___ Write a blog post on your own blog about point one.
- ___ Write a blog post on your own blog about point two.
- ___ Write a blog post on your own blog about point three.
- ___ Inquire again about being a guest about these topics on relevant podcasts.
- ___ Offer again to be a guest blogger about these topics on relevant blogs.
- ___ Create an expanded video that expresses this information in five minutes or less.
- ___ Combine your articles & blog posts into a report to give away—or sell!
- ___ Record your free report as an audio to give away—or sell!

Did you accept the challenge? Leave updates about your progress and results here:

<http://www.wahmtalkradio.com/stretch-yourself/>

Need some extra support? Join Kelly's Private Mentoring Community:

<http://www.mommasterminds.com/join.htm>