BULLBUSTER™
BUSINESS COACHING

Speaking BullSheet

Your BullSheet is designed to help you gain deeper awareness of your bull and work through it. Below, you will find the bulls that were covered in the teaching call of your Brilliance Incubator class. There is also an area for you to write in additional bull. Bull is infinite! So, please expand on any areas that you feel are relevant for you. If you do NOT feel you have a specific bull, then you may skip over that section. Bullsheets may LOOK the same, but each one is different.

What does it mean to you, about you, if you make a mistake in front of a room full of people?

If people discovered this thing about you, what do you assume they will do?

What do you think and feel when a speaker makes a mistake? Should they admit the mistake or cover it up?

What do you think is the worst thing that could happen during a speaking gig?

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What are all the things that qualify you to be an expert? (Hint – schools, degrees, work, life experience…)

What are some ways you can handle a question you don't know the answer to?

What if someone disagrees with your opinions and teachings? What can you do if someone is talking too much to gain control of the room?

How would you handle a heckler?

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Who do you know that can help you put on an event quickly, easily, and inexpensively?

Who can help you put together slides?

Who do you know that would die to come hear you speak, and maybe help you put a room together?

How can you get people to attend your event?

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What do you think people will say if you call them to invite them to your events?

What do you find scary or horrible about asking people to work with you, or ask them to invest in a program with you?

What are some ways you could invite people to work with you, if you have not considered this before?

What feelings are brought up when you think about selling from the stage?

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Use this page to note down any main “A-ha’s”