

THREE-MINUTE PITCH UPLOAD

Compress your signature story into a spoken pitch a stranger understands.

Three minutes, spoken – not read. It should make someone instantly understand who you help, how, and why you.

From Story to Pitch

Pull from your signature story, but tighten it for the ear. Spoken language is shorter, plainer, and more direct than written.

Pitch Skeleton

Hook – one line that earns attention.

Who you help + the problem.

Your shift – why you're equipped.

The transformation you offer.

Call to action – what you want them to do.

Rehearsal Notes

Read it aloud and time it. What needs to be cut to land under three minutes? Where do you rush?

Delivery Check

Check each before you record.

- Under three minutes
- Clear who I help
- One specific transformation named
- No jargon
- Ends with a clear call to action
- Sounds like me – spoken, not read

Upload Your Recording

Link to your recorded pitch (video or audio).

Date recorded.

NEXT STEP Paste your recording link above and submit to log your completion.