

Yoga Teachers + Holistic Practitioners:

Become a Local Superstar

Teacher/Student Wellness Evolution

List 3 specific body/mind/spirit breakthroughs You've had on your yoga journey:

1.

2.

3.

What are the primary issues for your yoga students:

BODY

MIND

SPIRIT

What are the daily habits that keep your students from evolving more rapidly?

BODY

MIND

SPIRIT

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Annual Target Income = \$_____

Divided by 12 months = \$_____ target monthly income

How many hours a week do you want to work? _____

What has been your income strategy in the past?

What is working well?

1.

2.

3.

4.

What isn't working well enough?

1.

2.

3.

4.

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Strategy Issues Worksheet

Which of the 7 challenges are you facing? Write a personal statement about each.

Challenge 1: You know you have a lot more to offer your students- but you don't know how to get them to commit.

Challenge 2: You don't have a coach or a progressive community of peers to help you get the guidance, the action steps, and the support you need to jump income brackets.

Challenge 3: You have amorphous goals. You don't set monthly income targets with action steps to meet them.

Challenge 4: You don't have a niche, an offer, a signature system, or the action steps to put that in place.

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Challenge 5: You do know your niche and your system, but you don't know how to generate enough interest for your offerings or you struggle with getting enough of the right people enrolled.

Challenge 6: You've hired a life coach or a business coach that doesn't really know how to help you.

Challenge 7: You like your career - but don't know the strategic steps to financial freedom.

Challenge 8: You've confused enlightenment and inner prosperity with business strategic.

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Your Income Strategy Worksheet

What is your income strategy for this year to hit your monthly income targets?

What would help you meet your monthly income targets?

- ☐ A guide who knows the way
- ☐ A better business model or strategy
- ☐ More revenue streams
- ☐ Niching my business
- ☐ More people in my classes/workshops
- ☐ Taking my career online
- ☐ Using technology better than I know how
- ☐ Selling packages and trainings over \$1000
- ☐ Creating my yoga health coaching system
- ☐ Outsourcing tasks to free up my time
- ☐ Being held accountable to my strategy
- ☐ I don't really know

Circle the top 3. Rewrite the top 3 from above in order.

To grow my income:

- (1) I need _____.
- (2) I need _____.
- (3) I need _____.

Who can help you get your needs met?

Who is your mentor/coach to implement this strategy?

Are you in a community that holds you accountable to your income goals? _____

Do you need a better mentor/coach to make more money? _____

Do you want to be in a tight-knit community to help you reach your income goals? _____

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Annual Target Income =

\$_____

Divided by 12 months =

\$_____ target monthly income

Your Yoga Health Coaching Program

\$_____ per person

of Clients/per month

\$_____ clients

Prospects	Roster

Biggest Challenges in
Filing Your Roster: