



SOULPRENEUR SUCCESS CODE

More Sessions, Less Selling! Module 3 Worksheet:

Use this worksheet with the first **More Sessions, Less Selling!** video training provided.

Below is a partial list of ideas for items, exercises, process, templates, etc, that you could include in your Program or Bundle:

- 1) Please go through the list, following along with the video to get the full explanation for each item.

As you go through, please:

- Place a STAR next to the ones that really stand out for you!
- Place a CHECK next to the ones that you like the idea of, and you think you may want to use them, either now or in a new program later
- Place an X next to any that don't resonate for you at all
- Place an asterisk * next to any that you like the idea of or are intrigued by, but right now you don't think you have the skills or knowledge to offer it – this gives you a great list of things you may want to study or explore in the future!

___ Exercises (physical or otherwise) it would be helpful them to do, to gain skill and/or understanding

___ Guided meditation audio, visualization

___ Goal setting process that will help them get clear on their true goals

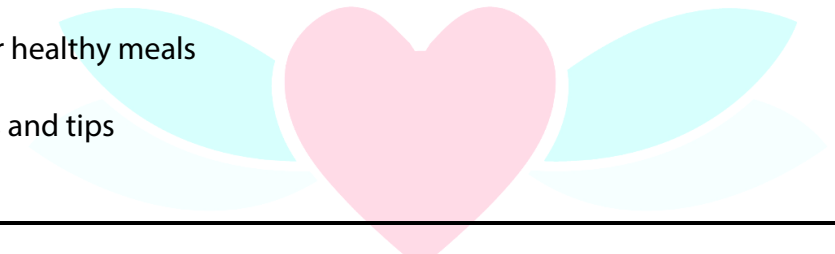
___ Visualization process and questions/guidance to help them connect with their overall vision

___ Vision board exercise and process

___ Art or creative process for them to engage in to connect with their creative process (collaging, drawing, clay, you name it)

- ___ Video on ... a skill, concept, or process they will benefit from, relevant to your program
- ___ Muscle testing instruction / coaching
- ___ Pendulum and charts – teach them how to use a pendulum, provide charts they can work with on different topics
- ___ List of limiting beliefs relevant to your program result
- ___ List of affirmations relevant to your program result
- ___ Morning inspiration / energizing routine, could be customized to each client
- ___ Journaling, reflections – can be free flowing, and/or you can give them journaling prompts
- ___ Mirror work (talking to themselves and/or practicing a skill in the mirror)
- ___ Yoga or other exercise flow
- ___ Daily / regular five minute remote energy clearings on targeted topics in addition to sessions
 - Monday motivation
 - Tuesday Inspiration
 - Wednesday Self confidence
 - Thursday focus and clarity
 - Friday fun!
- ___ Group discussion / clearing with you and other clients of yours – weekly, twice monthly, monthly
- ___ Channeled / Inspired messages, images for them, if that's a skill / gift of yours (or you want to develop that!)
- ___ Oracle card / Angel card readings
 - This could be you sharing your intuition about the card for the clients, and then also you could encourage and guide them to explore and trust their own intuition as well
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- ___ Spirit / shamanic journeys
- ___ Exercises to develop and trust their own intuition
- ___ Spot testing for supplements or foods for them

- ___ Laser clearing requests up to x number per week or month
- ___ Teaching them how to ground and center themselves when needed
- ___ Video training to understand the chakras and/or how to connect with and work with them
- ___ Physical Exercise – testing what forms of exercise are most beneficial and congruent for them at this time, and or for their current goals
- ___ Custom blends of essential oils specific for them, if that’s an area of expertise for you
- ___ Flower Essences – (similar in many ways to essential oils, wonderful energetic healing)
- ___ Accountability – check in calls and/or weekly check in form to fill out
- ___ Coaching – if you primarily offer healing, but you like to do some coaching too, you can offer one or more coaching sessions as part of your program, in addition to the healing work
- ___ Checklists, worksheets on any kind of topic that’s relevant for them
- ___ Recipes for healthy meals
- ___ Meal plans and tips



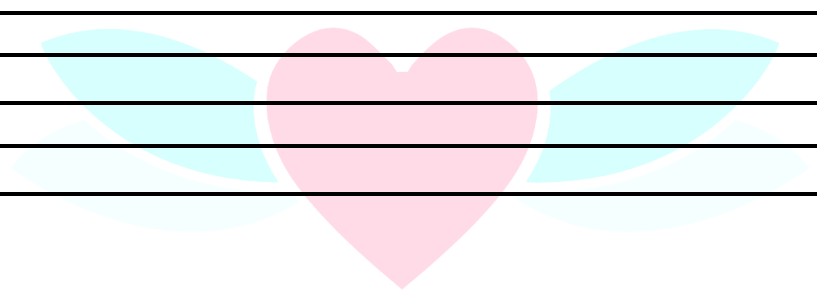
My ideas:

- 2) Please pick one item from the list above that you placed a STAR next to. In the space below, please write down any ideas you have about:
 - a. how you would like to incorporate / use / deliver this item into your program or bundle, what could that look like?
 - b. how do you see this benefiting your clients, on its own and/or combined with your healing or coaching sessions?

Feel free to do this exercise with more than one item!

Ideas about how to incorporate / use / deliver this item in my program:

How do you see this benefiting your clients, on its own and/or combined with your healing or coaching sessions?



Great job!