



The Group Program Success Blueprint

Ideas for resources, exercises, and elements to include in your group program

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

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 for 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

___ Spirit / shamanic journeys

___ Exercises to develop and trust their own intuition

___ Spot testing (muscle testing or other expertise you may have) 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

___ Video training to understand the meridians 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

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