Soul'd! The Heart and Soul of Sales for Healers
Day 1 Workbook

When directed, please begin your workbook with section 1

1)
If you could have ANYTHING out of your participation at Soul'd, what would that be? Anything. What's *right there* for you?

_____
_____
_____
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Questions for sharing in breakout rooms:

- What did you see for yourself about the conversation about support?
- Do you think you make it easy for the people in your life, who love you, to support you?
- And what would you be taking on in your life if you knew you had the support you needed to accomplish it?

2) One Year Vision
Center yourself, and getting in touch with everything that has opened up for you today, create a vision of where you want to be in your business and life one year from now. This vision is for your whole life, not simply your business. Please include your revenue goal, and you can also include how you are making money (what offerings you have), how much time you spend in your business, what else you are spending your time on, what you are enjoying aboutyou're your life is and what you can now do, how it feels to wake up in the morning and go through your day, and anything else you want to detail. Don't overthink it, just write what is there for you now, and it can all be changed, expanded, and re-written at any time!

Write in the present tense, for example: "It's (month, year) and I'm waking up and moving into my morning routine of… After my first cup of coffee / green drink / tea I check my CRM/email and see that I've had 12 more signups for my workshop next week, and 3 new clients have booked consults with me for this week… I'm feeling energized and excited, and proud of creating XYZ and of how I'm also taking regular time for self care, walking my talk of what I tell my clients for health and well-being.
Yay, there's an email from one of my best friends confirming our plans for a week long healing retreat we are going on together in two months, I can't wait!"

Write it so you can feel, see, hear, and taste the experience.

Let go of the "how" and needing to know *how* you will make it happen – that will limit your mind. You may find it freeing to even write, "*I don't know how, but…"* before a part of your vision, like this" "I don't know how, but I'm now so busy with clients that I have a waiting list for 1-1 sessions, and my group healing work is growing every month, so I'm able to earn even more than my initial goal, only working 4 days a week for 4-6 hours. I have the revenue and the time to be able to go do that training I've been wanting to do for years!"

3)

At this moment, I am _____% aligned with the one year vision I created.

4)

After the first Meal Break: What do you see for yourself and your business from this morning? Maybe about distinguishing a Context you're coming from, or what you noticed from the card draw exercise, or about how you relate to support… Please take 5 minutes and write your reflections now…