

## Cultivate and Preserve Abundance

### Get clear on your personal values, purpose & mission

Journal Questions:

1. Write out a visualization of you as a powerful yoga teacher. Where will you teach? What will you teach? What style of yoga classes, retreats, workshops etc., how many students will you have? Where in the world will you teach? Who will you teach with?
2. What are your personal core values?
3. How do your core values relate to you as a yoga teacher?
4. What is your personal purpose? You may have to go back into your personal development module. Remember, purpose is your life's purpose, why you are on this planet! It's a big one! Don't worry if you are not sure.
5. What is your purpose as a yoga teacher?
6. What is your personal mission? This is the HOW you will deliver your core values to the world.
7. What is your mission as a yoga teacher? You may expand here on question 1.
8. Are you going to brand yourself as a yoga teacher? If so what will your name be, pick 3 fonts to use, pick 3 colors.
9. Do you want to teach at any studios in your area? Are you aware of the studios in your area?

10. Are you aware of the insurance requirements for your City to be able to teach yoga?
11. If you are going to brand yourself, will you become a corporation? It is helpful to schedule a meeting with an accountant in your province / state to help you decide the benefits.
12. Are you going to have a website? If so, ensure it is cohesive with your brand, including colors, fonts, wording. It is recommended to hire a proof reader to ensure brand copy is professional, and without typos. It is imperative to have high quality photos, and also to have the photos consistent to your brand. Get testimonials from people whom you have taught. If you ever need a letter of recommendation, please email me!
13. What are the most effective personal development tools you have learned in your yoga teacher training? How can you use these tools for you as a yoga teacher?
14. How will you continue your personal practice once this training is over?