The Bodywork Project

MODULE 5

BUILDING MOMENTUM

LESSON 2
YOUR OFFERINGS

MINDY TOTTEN

Your Offerings

"IT IS IN THE ACT OF OFFERING OUR HEARTS IN FAITH THAT SOMETHING IN US TRANSFORMS... PROCLAIMING THAT WE NO LONGER STAND ON THE SIDELINES, BUT WE ARE LEAPING DIRECTLY INTO THE CENTER OF OUR LIVES, OUR TRUTH, OUR FULL POTENTIAL."

-SHARON SALZBERG-

As your practice grows and you begin to build momentum, you'll need to refine your offerings so that they are sustainable and still reflect the work you are called to do.

For each of the following, take some time to noodle around ideas until you find something that really makes your heart sing. Those heartsongs are your new offerings.

Leveraged Offerings (1x many)

--Workshops:

--Group faciliation:

--Retreats:

Passive Offerings (you create it once and people keep buying it)

Packages

--Series Packages:

Bundle Packages: