

# 30 days to 30k

## REVERSE ENGINEERING YOUR YOGA TEACHER CAREER

In Webinar 2, you learned the concept of reverse engineering your career/business. Most yoga teachers I speak to when asked how they visualise their ideal lifestyle teaching yoga mention somewhere in their answer their desire not to burn out, but to keep a sense of work/life balance – and I’m definitely all for that!

You also learned the importance of:

- a) Allowing yourself to dream of how your ideal life would look as a yoga teacher whilst
- b) Keeping a firm grip on reality – not getting carried away by what we called “irrational exuberance!”

Well – this is your chance to ground yourself in some reality of what’s possible!

### **ACTIONS: I want you to use the calculator tool to come up with at least 3 scenarios!**

1. Write down below your ***ideal*** financial income goal as a yoga teacher. Is it 10k a year? 30k? What is your magic figure? Do you have an interim goal? What is that?
2. Now go to the calculator tool you find in the bonus materials. Fill in the other spaces – asking you how many classes you want to teach, and how much an average student will be paying per class.
3. Using the sheet in your workbook (sheet 4) fill in the blanks.
4. In the space at the bottom of the workbook page – jot down your first reactions to this. How does it make you feel? Does it feel do-able? Impossible? Scary?
5. **Now repeat this exercise at least three times more.**  
**What happens if you:**
  - a) **Increase the price per student?**
  - b) **Increase or decrease the number of classes you teach?**
  - c) **Decrease the income goal?**
6. Of the scenarios you have played out throughout this exercise – which one are you drawn to go for? Write your answer below – and post your plan in the challenge group! Tell us how this exercise made you feel!