

# **The Wellness Coach's**

## **Action Plan for Prosperity: 7 Simple Steps You Can Take Today**

**...Because the journey of expanding your business and increasing your prosperity begins right here, right now, with your very next breath!**

Written by Master Business Coach, Erica Ross-Krieger, M.A.  
and offered by [WellnessCoach.com](http://WellnessCoach.com)

**Wellness Coach's Action Plan for Prosperity:  
7 Simple Steps You Can Take Today!**

**The Wellness Coach's  
Free Action Plan For Prosperity  
7 Simple Steps You Can Take Today**

**Hello and Welcome!**

We're glad to be part of your journey in expanding your Wellness Coaching Business and increasing your prosperity!

Are you aware that you can expand your Business and increase your prosperity with your very next breath? Yes, you can. You already have the blueprint for a more profitable and meaningful business within you...you just might not have fully tapped into it yet.

With a few minutes of concentrated time, attention, and a commitment to your inner nature and outer actions, you can begin today to uncover or rediscover that blueprint. Use this action plan and start today!

**An Action Plan of 7 Simple Steps You Can Take Today!**

**1. Respect your nature: Pay attention to your breath.**

Right now. Without changing a thing, what do you notice about your breath? Is it shallow? Fast? Slow? Your breath is your breath. Taking time to notice it each day, in the midst of business and personal life tasks, is a powerful way to honor your inner nature. Without it, you wouldn't have a business.

## **Wellness Coach's Action Plan for Prosperity: 7 Simple Steps You Can Take Today!**

### **2. Ask yourself, "What remains unexpressed within me?"**

Look in the mirror and ask yourself this question. Make it a daily habit. This practice alone will help you tap your inner nature and expand your business. This is important—the planet needs your gifts. Which gifts remain unexpressed within you? Boldly bring them forward in the next step.

### **3. Up your contribution level...create a new product.**

Expansion happens by taking action. If you want to have more (freedom, money, recognition) in your life, you need to be expanding and giving more of you to the planet. Create a new product today – have a friend interview you about your top 5 tips for improving Wellness, record the interview, give it away on your blog or website. Brainstorm other new product ideas.

### **4. Expand your network.**

Who are your favorite wellness gurus? Head to their websites, read their blogs, and start posting comments. Do this at least 3 times this week. Repeat. Don't stop here. If you have an assistant, read your comments into a recorder and have the assistant transcribe and post them.

### **5. Expand your network even more.**

Find out if those gurus have affiliate programs. Sign up. By promoting their work in the world, you are saying, "there is enough for all of us. I value their work as well as mine." You'll have just created another stream of revenue.

### **6. Craft a vividly clear vision.**

Imagine your business, as you want it to be 1, 2, or 3 years from now...as if you were living and working by your own inner-directed definition of success. Write this vision in the present tense, as if it were already so. Make it clear and specific. If Barbara Walters were to interview you 1, 2, or 3 years from now,

## Wellness Coach's Action Plan for Prosperity: 7 Simple Steps You Can Take Today!

what will you be telling her about your life and business? Commit to your vision. Carry what you've written in a wallet, purse, smart phone's memo page, or your paper time-planner if you use one. Look at it daily. Your focus will drive your life and business decisions and help you actualize your vision from the inside out. Take this further and create a vision board of your success.

### **7. Charge well, deliver more, ask for the salt, take a class.**

Tune up your money mindset. Read and reread our [money mindset blog posts](#) and articles and Napoleon Hill's [Think and Grow Rich](#). Change your fees and rates. Create products for multiple streams of income. Look for ways to over-deliver.

State your new rates as if you were at the table saying, "please pass the salt." You do *that* without apology, fully expecting you'll get the salt...so do the same with your fees and rates.

If you're a million-dollar-annual-income Wellness Coach, mentor someone who is not. If you're making considerably less than that and know you're worth more, email us to sign up immediately for our teleclass program, **8 Weeks to a Prosperous Money Mindset & Wellness Coaching Business**. This last action is not for sissies. Come ready to work, grow, and expand in ways you haven't yet begun to imagine. **Email us for the next class: [info@wellnesscoach.com](mailto:info@wellnesscoach.com)**

To your "Wellth",  
*Erica Ross-Krieger*

---

Erica Ross-Krieger, M.A. creative director, founder, and Master Business Coach at [WellnessCoach.com](http://WellnessCoach.com), a resource center and professional development community for Wellness Coaches worldwide who are committed to bringing forward and achieving their brilliance, pizzazz and rock-star success. Our Business Coaches know Wellness Coaching from the inside out. Check out our full array of products and services designed to help your Wellness Coaching Business thrive at [www.WellnessCoach.com](http://www.WellnessCoach.com)

---

**Contact us at: [info@wellnesscoach.com](mailto:info@wellnesscoach.com)**

**Follow us on Twitter: <http://Twitter.com/WellnessCoach>**