

worksheet | determine your WHY

What do you BELIEVE, wholeheartedly, about yoga? In your opinion, what is the MOST IMPORTANT GIFT yoga offers?

our calling is where our deepest gladness
and the world's hunger meet.

~ fredrich buechner

What are the ELEMENTS of yoga you are most drawn to? In what aspects are you – or do you want to be – known as an EXPERT?

Why did YOU come to the yoga mat? What keeps you coming back?

Your "WHY" surfaces in every aspect of your life, whether personal, professional, spiritual, emotional. It is consistent and conspicuous. It is the essence of YOU.

What THEMES/VALUES/STORIES continue to show up in all aspects of your life? What are your GUIDING PRINCIPLES?

infinite bliss yoga
live.yoga.love.



worksheet | determine your WHY

Who is your IDEAL student? Someone who believes wholly in what you do; they BELIEVE what you believe; they GET you; they RAVE about you.

let the beauty we love be what we do.
there are hundreds of ways to kneel and kiss the ground.
~rumi

How do you want people to FEEL when they leave your class?

What FEEDBACK do you hear most often from people who attend your classes? What do they LOVE about you/your classes?

Which TEACHERS have inspired your own practice? WHY?

What areas do you want to GROW? How do you want to ENHANCE YOUR TEACHING PRACTICE?

people don't buy what you do.
they buy why you do it.
~simon sinek

watch the video on youtube:
"how great leaders inspire action"

infinite bliss yoga
live.yoga.love.



need my help? email andrea@infiniteblissyoga.ca to ask me about my one-on-one consultations