

30 DAY LIFE  
COACH  
BUSINESS

*planner*



Hey sweet coach friend! Welcome to Your 30 Day Business Planner. This resource will keep you organized and on track with crossing off the 4 steps on your How To Start A Life Coaching Business Checklist.

With a proven plan and the right tools, growing a life coaching business won't take you as much time as you thought.

And that means you are just a few simple steps away from the fulfilling business of your dreams.

As a reminder, here is your 4 Step Checklist:

1. Set Your Schedule
2. Choose Your Niche
3. Design Your Signature Program
4. Start Growing Your List

*xoxo,  
Heill*

# WEEK #1: SET YOUR SCHEDULE

(15 MINUTES)

1

- Choose which hours you will set aside for your business each week.

2

- Choose the split between coaching and entrepreneurship.

3

- Schedule your coaching hours.

4

- Schedule your entrepreneur hours.



# WEEKLY SCHEDULE

	MON	TUE	WED	THU	FRI
6:00					
7:00					
8:00					
9:00					
10:00					
11:00					
12:00					
1:00					
2:00					
3:00					
4:00					
5:00					
6:00					
7:00					
8:00					
9:00					



## WEEK #2 GOAL: CHOOSE YOUR NICHE

(15 MINUTES)

- Schedule 15 minutes of your entrepreneur time to do the Niches Simplified Mini Training.

## WEEK #3 GOAL: DESIGN YOUR SIGNATURE PROGRAM

(30 MINUTES)

- Schedule 30 minutes of your entrepreneur time to do the Signature Program Blueprint training.



# WEEK #4 GOAL: START GROWING AN EMAIL LIST

(1 HOUR)

- Schedule 1 hour of your entrepreneur time and use the Lead Magnet Lab to create an irresistible lead magnet.



# APPENDIX

10 Hour Schedule Templates

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# 10 HR ENTREPRENEUR SCHEDULE TEMPLATE //

## *ONE ON ONE*

DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
2 HOURS COACHING	DAY OFF	2 HOURS COACHING	2 HOURS COACHING	DAY OFF	2 HOURS ON BIZ	1 HOUR ON BIZ 1 HOUR COACHING



# 10 HR ENTREPRENEUR SCHEDULE TEMPLATE //

## *SMALL GROUP*

DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
2 HOURS ON BIZ	DAY OFF	2 HOURS COACHING	1 HOUR COACHING  1 HOUR ON BIZ	DAY OFF	2 HOURS COACHING	2 HOURS ON BIZ

# 10 HR ENTREPRENEUR SCHEDULE TEMPLATE //

## *LARGE GROUP*

DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
2 HOURS ON BIZ	DAY OFF	1 HOUR COACHING 1 HOUR ON BIZ	1 HOUR COACHING 1 HOUR ON BIZ	DAY OFF	2 HOURS ON BIZ	2 HOUR ON BIZ



# 6 FIGURE COACH PODCAST

HOW TO BUILD A  
BUSINESS YOU  
LOVE IN 10 HOURS  
A WEEK

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