

THE COURSE CREATION PATH

Mini Workshop

REFLECTION & PLANNING WORKSHEET

By Lynda Monk & Eric Maisel

This worksheet will help you think about your own unique course creation path.

Introduction

Course creation involves not only curriculum design but it also involves a lot of inner mindset work to help you be the person who can create, complete, and *actually* deliver your course. That is what we hope for you!

We know there are many steps and things to navigate when creating, marketing, selling, and delivering any course. Whether your course is a 90-minute online webinar, or a 6-week online course, or an in-person workshop or retreat, there are a lot of moving parts to the course creation process.

This mini workshop is intended to help you think about both the big picture of creating your course, as well as some of the specific steps that are important to consider.

What does it take to create a course?

There are many things that are helpful to do on your course creation path. Many of these have to do with your mindset, motivation, productivity, focus, and courage!

“*The only unique contribution that we will ever make in this world will be born of our creativity.*”

- BRENÉ BROWN

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PART 1 – An Overview with Eric Maisel

In the **part 1 video of this mini workshop**, Eric reviews some of the key qualities it takes to successfully create a course.

You are invited to jot down notes about each of these qualities as you watch the video.

- Get and Stay Quiet

- Get and Stay Organized

- Get and Stay Motivated

- Get and Stay Disciplined

- Get and Stay Devoted

- Get and Stay Calm

- Get and Stay Thicker-Skinned

- Get and Stay Brave

“*The desire to create is one of the deepest yearnings
of the human soul.*”

- DIETER F. UCHTDORF

Pause, Reflect & Journal

Here are some journaling prompts to use as you reflect on these qualities to support your course creation journey...

- Which of these qualities comes easiest to you?

- What is the biggest thing you need more of in order to successfully create your course? Do you need to be more organized, more disciplined, more courageous? Or something else?

- What helps you focus and get things done?

- Why is creating your course important to you?

Creating Your Course Step-By-Step

While there is no exact straight-line way to make a course, since it is inherently a winding creative process, if there were a step-by-step path to creating a course, these are some of the necessary steps along the way...

1. You have a course idea and you make a choice
2. You prepare yourself
3. You begin
4. You dive in
5. You muddle along
6. You show up
7. You affirm your intentions
8. You hang on
9. You keep steering
10. You make progress

Pause, Reflect & Journal

As you think about these “steps”...

What stands out to you from these various steps and elements of creating a course?

What feels exciting to you?

What challenges might you face on this course creation path?

What can help you keep going and successfully complete your course creation?

What's possible for you on this creative path?

“Imagination is the beginning of creation. You imagine what you desire, you will what you imagine, and at last, you create what you will.”

- GEORGE BERNARD SHAW

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PART 2 – A Demo with Lynda Monk

Reflections & Notes

In the part 2 video in this mini workshop, Lynda shares a behind-the-scenes look at her course creation process to offer you some ideas and inspiration for your own creative path.

“Start before you’re ready.”

- STEVEN PRESSFIELD

Pause, Reflect & Plan

1. What type of course would you like to create?

For example...

- In-person
 - ☐ Short workshop
 - ☐ Multi-day event
 - Online
 - ☐ Facilitator led course
 - ☐ Self-study or evergreen course
2. Where would you like to offer your course?
- ☐ Through your own website/business?
 - ☐ Through another organization or community group?
 - ☐ Through an educational institution like a university or community college?
 - ☐ Through a retreat centre? (ie: Esalen, Omega, Hollyhock, etc.)

Journaling Prompts for Your Course Creation Journey

Why do you feel called to create this course?

What transformation do you hope learners/participants experience by the end of this course?

How does this course align with your personal mission or professional purpose?

How can you protect time and space for focused, inspired work on this course?

What helps you move through self-doubt or perfectionism when creating?

How can your course creation journey be fun, meaningful and fulfilling for you?

What is standing out to you from The Course Creation Path Workshop?

What is your next step towards creating and offering your course?

“*You don’t have to see the whole staircase,
just take the first step*”

- MARTIN LUTHER KING JR.

Overview of Course Creation Process

In the part 2 video, Lynda offers the steps she takes when creating a course and offers some examples along the way. These steps, or key tasks, include the following...

- Pick a topic
- Decide on format
- Brainstorm content
- Map out course
- Figure out timing and flow
- Market and promote course
- Offer/deliver course
- Get feedback & testimonials
- Acknowledge/celebrate offering the course

NOTES/IDEAS for your course creation process

“*When we share what we were brought here to give,
we are in alignment with our soul’s purpose.*”

- REBECCA CAMPBELL

CREATE YOUR OWN SUCCESSFUL JOURNALING COURSES

Do you want to learn the specifics of how to create your own successful journaling courses that people want to take?

If so, we invite you to take our in-depth
Create Your Own Journaling Courses Self-Study
program which you can get [here >>](#)

