



CREATIVE BUSINESS CHECKLIST

Design your life. Your body.
Your business.

A step-by-step guide for movement teachers
and creative entrepreneurs ready to build a
business they love.

ascensionstudioco.com

Vision & Purpose

Define your 'why'



Describe your dream business vibe



Identify your unique magic (what makes you different)



Branding & Identity

Choose your business name



Design your logo



Define your brand colors and fonts



Write a short brand bio / elevator pitch



Business Basics

Register your business name



Choose a business structure (LLC, sole proprietorship, etc.)



Get your business license (if required in your state/country)



Open a business bank account



Online Presence

Secure your website domain



Create a basic website or landing page



Set up professional email address



Claim your business on Google My Business



Set up social media profiles



Create a Linktree or link hub



Marketing & Content

Define your ideal client



Identify 2-3 core content pillars



Plan a simple posting schedule



Create a few branded Canva templates



Start building an email list



Brainstorm 1 freebie (lead magnet)



Financials & Admin

Set up bookkeeping system



Track income and expenses



Save for taxes



Research liability insurance



Set your service or product prices



Understand refund/cancellation policies



Self-Care & Boundaries

Block time for your own practice



Set work hours and communicate them



Schedule regular days off



Check in with your mental health



Next Level Extras

Brainstorm future products (e.g. digital downloads, courses)



Join professional associations



Keep learning: sign up for a workshop or new training



List three core values for your business:

How do you want people to feel when they work with you?

Describe your dream teaching day from start to finish:

Additional Resources



embodied
ascension course

A unique blend of ancient wisdom + modern techniques to teach you how to connect with your higher self.

wellness by
design

Personalized movement therapy and mindful practices to help you restore balance, release stress, and reconnect with your body.

find your
calm

These practices will help you soothe your nervous system, release tension, and return to a state of balance.

ascension studio
blog

Explore the library of blog articles.



THANK YOU

Thank you so much for joining me on this journey! If you have any questions or are looking for more support, please don't hesitate to reach out. I can't wait to see you inside
The Pro Studio!

♥ Jen

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