



Mind Body Education

Holistic Success Hub - Resources

Lead Magnet Template: "5 Steps to Improved Wellbeing"

Use this ready-to-customise template to attract new clients, grow your email list, and showcase your expertise.

This simple, high-value lead magnet helps potential clients take their first steps toward better wellbeing—while introducing them to your holistic approach. Offer it as a downloadable PDF, printed handout, or email opt-in freebie.

Suggested Title Options:

- “5 Steps to Improved Wellbeing (That You Can Start Today)”
 - “5 Gentle Shifts for a Calmer, Healthier Life”
 - “5 Holistic Practices to Feel More Grounded, Energized, and Clear”
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Template Overview

Page 1: Cover Page

Include:

- Title
 - Your name or business name
 - Logo or photo
 - Calm, welcoming design
 - Subtitle (optional): “A holistic guide by [Your Name]”
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Page 2: Welcome Message / Introduction

Briefly introduce yourself and the purpose of the guide.

Example:

“Hi, I’m [Your Name], a holistic therapist dedicated to helping people reconnect with themselves and feel more balanced, joyful, and at ease. These 5 steps are simple, powerful practices you can start using today to support your overall wellbeing.”

Pages 3–7: The 5 Steps

Each step gets its own page or section. Use the following format:

Step 1: Reconnect with Your Breath

Why it matters: Breath is the gateway to calm and presence.

Try this: Take 5 slow, deep breaths, focusing on the sensation of air moving in and out of your body.

Bonus Tip: Set a reminder to pause and breathe three times a day.

Step 2: Nourish Your Body with Kindness

Why it matters: Food, hydration, and rest are foundational to emotional balance.

Try this: Drink a full glass of water mindfully. Tune into what your body needs today—without judgement.

Step 3: Create Space for Quiet

Why it matters: Inner clarity comes from stillness.

Try this: Spend 10 minutes without screens, music, or distractions. Just sit, breathe, or be in nature.

Step 4: Express What’s Inside

Why it matters: Releasing emotion through creativity supports mental and emotional wellbeing.

Try this: Journal freely for 5 minutes or draw how you're feeling. Let it be raw, honest, and unfiltered.

Step 5: Connect with Intention

Why it matters: True wellbeing is relational—connect with yourself, others, and the world around you.

Try this: Reach out to someone who uplifts you or spend time with a pet, tree, or part of nature that makes you feel grounded.

Page 8: Closing Message + Invitation

Wrap up with encouragement and an invitation to take the next step.

Example:

“You don’t have to do everything at once—start where you are. One gentle shift can lead to powerful transformation. If you’d like guidance or support, I’d love to help.”

Call to Action Ideas:

- Book a discovery session
 - Follow you on social media
 - Join your email list or community
 - Download a related resource or workbook
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Page 9: About the Author / Contact Info

- Short bio (2–3 sentences)
- Professional photo (optional)
- Website, email, Instagram handle, or booking link
- Logo or branding elements