

Niche Clarification

W O R K B O O K

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99 Coaching & Course Niche Starters

DISCOVER IDEAS BASED ON THE BIG 3

Health, Wealth, and Relationships are often considered the three main areas of life that people want to improve.

These three areas are fundamental to people's overall well-being and happiness, and many individuals strive to achieve success and fulfillment in these areas.



Health



- Yoga and Mindfulness Meditation
- Nutrition and Meal Planning
- Exercise and Fitness Training
- Healthy Eating for Busy Professionals
- Stress Reduction and Mindfulness Practice
- Chronic Pain Management and Treatment
- Alternative Medicine and Holistic Healing
- Women's Health and Wellness
- Weight Loss and Management
- Mental Health and Wellness
- Sleep and Relaxation Techniques
- Parenting and Family Health
- Mind-Body Connection and Spiritual Health
- Nutrition and Supplements for Optimal Health
- Aging and Geriatric Health
- Addiction Recovery and Sobriety Support
- Medical Conditions and Disease Management
- Self-Care and Self-Love Practices
- Men's Health and Wellness
- Fitness and Wellness for Seniors
- Pregnancy and Childbirth Support
- Fitness and Wellness for Teens
- Nutrition and Wellness for Athletes
- Mindful Eating and Intuitive Eating
- Health and Wellness Coaching
- Gut Health and Digestion
- Chronic Stress and Anxiety Management
- Mindful Movement and Dance Therapy
- Ayurveda and Traditional Medicine
- Healthy Sexuality and Sexual Wellness
- Skin and Beauty Care
- Injury Prevention and Recovery
- Healthy Habits and Routines



Wealth

- Personal Finance and Budgeting
- Entrepreneurship and Business Building
- Investment Strategies and Planning
- Tax Planning and Preparation
- Real Estate Investing and Property Management
- Retirement Planning and Investing
- Credit Repair and Building
- Cryptocurrency and Blockchain Technology
- Building and Growing an E-commerce
- Business Stock Market and Forex Trading
- Asset Protection and Risk Management
- Insurance Planning and Management
- Debt Reduction and Elimination
- Side Hustles and Passive Income Streams
- Career Development and Advancement
- Building and Monetizing a Blog
- Digital Marketing and SEO
- Navigating Legal and Financial Challenges in Business
- Affiliate Marketing and Partnership Programs
- Social Media Marketing and Advertising
- Venture Capital and Startup Funding
- Negotiation and Sales Skills
- High-Level Executive Coaching
- Freelancing and Consulting
- Mastering Financial Statements and Analysis
- Angel Investing and Private Equity
- Negotiating and Closing Deals
- Building and Monetizing a Podcast
- Public Speaking and Thought Leadership
- Grant Writing and Fundraising
- Wealth Management and Financial Planning
- Maximizing Productivity and Time Management for Business Owners
- Developing and Launching Online Courses





Relationships



- Couples and Relationship Coaching
- Self-Discovery and Personal Growth
- Marriage and Family Counseling
- Love, Dating and Relationship Coaching
- Communication and Social Skills
- Understanding and Healing Trauma
- Grief Counseling and Support
- Infertility and Reproductive Health
- Separation and Divorce Counseling
- Parenting and Family Support
- LGBTQ+ Relationship Support and Counseling
- Career and Relationship Balance
- Personal and Professional Relationship Building
- Assertiveness and Self-Empowerment
- Building and Maintaining Healthy Boundaries
- Overcoming Codependency and Unhealthy Patterns
- Navigating Social Anxiety and Phobias
- Developing Emotional Intelligence and Empathy
- Conflict Resolution and Mediation
- Healing and Understanding Narcissistic Abuse
- Intimacy and Sexual Health
- Building and Maintaining Friendships
- Cultural and Intercultural Relationship Dynamics
- Developing a Successful Dating Mindset
- Understanding and Navigating Personality Disorders
- Overcoming Betrayal and Infidelity
- Forgiveness and Moving On
- Navigating Emotional Infidelity and Emotional Affairs
- Understanding and Healing Attachment Wounds
- Developing and Maintaining Healthy Support Systems
- Building and Maintaining Healthy Relationships with Parents and Family Members
- Developing a Healthy Relationship with Money
- Building and Maintaining Healthy Professional Relationships

Clarity Exercise

1

Write Your Background Story

2

Understand who you can help

3

Get an idea for what problems to solve