



EnslitenU  
Guiding Your Path Within

# Instructor Journal



A Practical Guide to Building Your Online  
Presence, Mastering Your Message

*By L. Jasmine Harris*





## *A personal Welcome From...*

My name is L. Jasmine Harris, Ph.D., founder of EnlitenU—a space for spiritual growth, soulful teaching, and conscious community. I've spent years guiding others through deep inner work, and now I'm honored to support new instructors as they share their wisdom with the world. This journal was created to help you reflect, align, and grow. May it guide you as you prepare to teach from the heart.

*L. Jasmine Harris, Ph.D.*  
FOUNDER OF ENLITENU

# Your Course Journey: Overview

Your 9-Module Roadmap to Course Creation Success



## Getting Started as an EnlitenU Instructor

Discover the heart of EnlitenU's teaching philosophy and your unique role as a soul-centered guide within our community.

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## Navigating Your Instructor Dashboard

Learn how to confidently manage your courses, connect with students, and access key tools using the EnlitenU platform.

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## Clarifying Your Course Vision & Topic

Explore your teaching purpose, audience needs, and core message to design a course that aligns with your passion and insight.

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## Planning Your First Course

Map out a meaningful learning journey by defining your topic, structuring lessons, and aligning content with student transformation.

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## Uploading & Structuring Your Course

Turn your vision into reality with step-by-step guidance on building lessons, adding media, and organizing your course content.

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# *Your Course Journey: Overview*

Your 9-Module Roadmap to Course Creation Success

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## Setting Prices and Earning Revenue

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Understand EnlitenU's fair revenue model and learn how to price your course in a way that honors your value and mission.

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## Going Live

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Prepare for launch with final review steps, publishing guidance, and tools to track your students' progress and engagement.

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## Teaching & Community Engagement

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Cultivate authentic student relationships through thoughtful Q&A, live sessions, and intentional presence.

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## Getting Support & Staying Connected

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Connect with EnlitenU's support system and instructor community so you never have to build or teach alone.

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## Blank Pages

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Use this space for extra notes, inspired ideas, or reflections that arise along your teaching journey.

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# Lesson 1 Reflection

Begin from within—the call to teach is the call to awaken.



**What inner calling or life experience led you to become a teacher at EnlitenU?**

*Reflect on the deeper purpose that brought you to this moment. What part of your story are you ready to share and shape into a course?*



**How does the philosophy of “community over competition” resonate with you?**

*Explore how this approach to teaching might shift your expectations, relationships, or vision for collaboration in this space.*



**In what ways do you hope to grow—spiritually, creatively, or professionally—through your role as a mentor and co-journeyer at EnlitenU?**

*Think about how this experience could be a mirror or catalyst for your own evolution.*





## Lesson 2 Reflection

Sacred tools await—your dashboard is an altar of creation.



**What feelings arise as you explore the tools available in your Instructor Dashboard—excited, overwhelmed, curious?**

*Write about your first impressions. Which tools feel most intuitive, and which ones might require more practice or support?*



**How do you envision using the Course Builder to bring your vision to life?**

*Reflect on how breaking your course into modules might help you structure your ideas and guide your students through transformation.*



**In what ways would you like to connect with your students through the Q&A section?**

*Consider how you might foster a warm, responsive presence that builds trust and deepens learning.*



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## Lesson 3 Reflection

Clarity is revelation—your course begins where your soul speaks.



**What personal teaching challenges have shaped the way you approach course creation?**  
Reflect on any struggles—internal or external—that have influenced your teaching style, voice, or goals.



**What do you now understand about your audience that you didn't consider before?**  
Explore any surprising insights about your students' demographics, learning preferences, or needs—and how that might shift your approach.



**How can you align your strengths with your students' goals to create a transformational experience?**  
Think about the gifts you bring to teaching and how those can meet specific learner needs in practical and meaningful ways.



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## Lesson 4 Reflection

A path unfolds—each lesson is a light placed with intention



**What subject or message feels most alive in you right now—one you feel called to teach?**

*Describe where that inner spark is pointing. What lights you up so much that you'd teach it even if no one paid you?*



**How does your personal mission align with the goals of spiritual growth, mindfulness, or empowerment?**

*Reflect on where your values and lived experience connect with EnlitenU's core teaching pillars.*



**If a student completed your course, what meaningful transformation would you hope they experience?**

*Think beyond information—what shift, healing, or clarity would be your highest intention for them?*



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## Lesson 5 Reflection

Form follows spirit—let structure serve the sacred message.



**What part of content creation feels most natural or exciting to you—and what feels intimidating?**

*Reflect honestly on where you thrive and where you might need support as you begin uploading your course materials.*



**How might you design your course to feel like a guided journey for your students?**

*Think about how lessons, topics, quizzes, and downloads can form a thoughtful learning path rather than a content dump.*



**What do you want your students to feel as they move through your course—and how can your structure help create that experience?**

*Consider how flow, pacing, and media choices can influence not just comprehension but emotional connection.*



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## Lesson 6 Reflection

Your wisdom is worthy—receive as you give, in balance and truth.



**What inner beliefs do you hold about charging for your knowledge—and how might those beliefs help or hinder your pricing choices?**

*Reflect on your relationship with value, compensation, and the act of receiving as a teacher.*



**Which pricing option feels most aligned with your course's purpose right now—free, paid, or a blend of both? Why?**

*Consider how your goals (audience growth, financial sustainability, student commitment) influence this decision.*



**What transformation does your course offer that makes it truly worth the price you're setting?**

*Write about the life-changing results, practical skills, or lasting clarity your course can bring—and why that's worth honoring.*



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## Lesson 7 Reflection

Release and rise—your work is ready to meet the world.



**What emotions come up as you prepare to publish your course—excitement, fear, pride, vulnerability?**

*Give space to whatever you're feeling. This is a sacred threshold moment. What does it mean to you?*



**How has the process of building your course changed you—personally, professionally, or spiritually?**

*Reflect on your own growth journey. What have you learned about yourself as a creator, guide, and communicator?*



**What vision do you hold for your course's impact on your students and the wider world?**

*Write about the ripple effect you hope to create. How might your course light someone else's path?*



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## Lesson 8 Reflection

Presence is power—connection is the true curriculum.



### **What does “authentic presence” mean to you in the context of teaching?**

*Reflect on how your personality, energy, and lived truth can become part of the learning experience for your students.*



### **How do you want your students to feel when they interact with you—during Q&A, live sessions, or reflections?**

*Describe the emotional tone or atmosphere you wish to cultivate in your learning space.*



### **What specific actions will you take to foster a true sense of community in your course?**

*Think about how you’ll encourage sharing, reflection, and connection—not just with you, but among students themselves.*



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## Lesson 9 Reflection

You are held—support flows when you open to receive.



**What kind of support helps you thrive as a teacher—and how can you be more open to receiving it?**

*Reflect on the role of guidance, collaboration, or technical help in sustaining your creative energy and focus.*



**How do you envision contributing to the EnlitenU instructor community?**

*Think about the wisdom, presence, or encouragement you're uniquely equipped to offer others on this path.*



**Which support tools or resources (Lumina, Amara, forums, email updates) do you see yourself using regularly—and why?**

*Identify the practical supports you're most likely to lean on, and how they'll keep you grounded and empowered.*



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# *Freewriting from Within*

Empty space is sacred—listen here for what longs to emerge.



**What wants to be expressed in this moment?**



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# *Thank you, keep in touch*

We're honored you've chosen to spend time with this journal. May it support your growth, spark clarity, and remind you of your unique path as both a learner and a guide.

This workbook was created with care for your personal use. We kindly ask that you enjoy it fully—but refrain from copying, distributing, or reusing it outside of your own journey.

Your presence matters.

Your practice matters. And your integrity lights the way for others.

With peace, love, and unity...

*L. Jasmine Harris, Ph.D.*

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