SAMPLE

A MINI COURSE BY THEO PARK

Keep Them Alive

Four short video lessons and a printable workbook that take you from a windowsill of struggling plants to a routine that keeps them growing.

4	70	12
LESSONS	MINUTES	WORKBOOK PAGES

Example course, made for a sample creator, not your content. Yours is made from your own posts and material.



COURSE MAP

What you'll learn

1 Read your light

Video · 15 min · Workbook p. 2–4

You'll leave with: a light map of your home and the right spot for each plant.

2 Water by feel, not by calendar

Video · 20 min · Workbook p. 5–6

You'll leave with: a simple check you can do in ten seconds a plant.

3 Repotting, start to finish

Video · 20 min (follow-along) · Workbook p. 7–9

You'll leave with: one plant repotted in the right mix and pot.

4 Fixing yellow leaves and pests

Video · 15 min · Workbook p. 10–12

You'll leave with: a symptom chart and a weekly care routine.

Who does what

We provide the course outline, lesson scripts and workbook. You film the lessons in your own space, which is why a filmed course sells at a higher price than an ebook.

How it works

Watch a lesson, then do the matching workbook pages. Each lesson ends with a short checklist so you know you're ready for the next one.

LESSON 1 · VIDEO OUTLINE

Read your light

15 MINUTES | FILMED IN YOUR HOME | CAPTIONS INCLUDED



TIME	WHAT HAPPENS
0:00	Welcome and the promise: most plant problems are light problems.
1:30	Bright direct, bright indirect, medium and low: what each looks like in a real room.
4:00	The shadow test: hold your hand over the spot at noon and read the edge of its shadow.
7:30	Walking the home on camera: rating every window and the spots a few feet back from it.
11:00	Matching plants to spots, and which ones will tolerate the dark corner.
13:30	Your homework: fill in the light map on the next page before lesson 2.

LESSON 1 · WORKSHEET

Your home light map

Do the shadow test at each spot around noon, then write which plant belongs there.

Printable worksheet: your students fill this in by hand. Shown here filled in as an example.

My brightest window faces: *South, in the living room*

SPOT	SHADOW	LIGHT	PLANT THAT GOES HERE
Living room sill	*Sharp*	*Bright direct*	*Aloe, jade*
Living room, 4 ft back	*Soft edge*	*Bright indirect*	*Monstera*
Kitchen	*Soft edge*	*Bright indirect*	*Pothos, herbs*
Bedroom	*Faint*	*Medium*	*Peace lily*
Hallway	*Barely there*	*Low*	*Snake plant, ZZ*
Bathroom	*Faint*	*Medium, humid*	*Fern*

Stuck?

Start with the walk-through in lesson 1 at 7:30 and rate just one room.

LESSON 1 · WRAP-UP

Ready for lesson 2?

Checklist

- [ ] I did the shadow test at every window
- [ ] I filled in at least four spots on the light map
- [ ] I moved one plant to a better spot
- [ ] I took a photo of each plant to compare in four weeks

Quick check

1. A soft-edged shadow at noon means the spot gets:
   - [ ] Bright indirect light
   - [ ] No usable light
2. How far back from a window does light drop off sharply?
   - [ ] A few feet
   - [ ] Across the whole room
3. Which plant suits the low-light hallway?
   - [ ] Snake plant
   - [ ] Aloe



LESSON 2 · VIDEO OUTLINE

Water by feel, not by calendar

20 MINUTES FOLLOW-ALONG

Lessons 2–4 are in the full course

Your finished course has every lesson outline, worksheet and checklist.

WHAT YOU'D GET

Your course, planned for you

This sample shows the format. Yours is planned around what you teach, filmed your way, and ready to sell.

Course plan and scripts

We provide the outline, lesson scripts and framework. You film the lessons, on your phone is fine.

Printable workbook

Designed worksheets, checklists and quizzes for each lesson.

Hosted lessons

Videos on a course page your followers can buy and watch on any device.

Ready to sell

Sales page and checkout set up. We take 30% of product revenue; you keep 70%.