

# 12 WELLNESS SIDE HUSTLES FOR NURSES TO MAKE AN EXTRA 1K A MONTH!

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**1. Freelance Writing** - this is someone who writes for magazines or other blogs. You can pitch your topic of expertise (women's health, anti-inflammatory eating, cardiac nursing, wellness etc) for a price. Magazines are always looking for unique writers and perspectives, especially medical professionals! You can charge anywhere from \$100 an article to \$1000's depending on the type of work and publication you're writing for. Many nurses nail down gigs with medical companies or nursing brands and become monthly writers for blogs and magazines! Companies are ALWAYS looking for content, especially nursing companies. They need a nursing perspective for content that they don't have!

**2. Drop Shipping Biz** - this is an online store where if you have T-shirts or a product to sell (inspirational quotes, sayings, or messages), you can set it up on Shopify or Etsy. Drop shipping businesses allow you to create designs from apps or computer programs and upload them to products for sale. So if there's an industry where you'd want to create or design swag for, you can easily get started with a little research selling t-shirts, mugs, and a lot more items! It's actually a lot easier than you think! You can also use it for items if you have your own personal brand!

**3. Blogging**- blogging is one of my FAVORITE ways to not only have a creative outlet, but make income! I've been blogging for 7 years now and it's grown over the years! Blogging opens the opportunity for you to share your gifts and passions with the world, but also to create affiliate income! I teach all about affiliate income and blogging in my "[How To Create a Nurse Wellness Blog that Serves and Sells](#)" Course! It's also listed below!

**4. Health Coaching** - health coaching is awesome! If you've ever wanted to explore this realm, it's worth it! Not only can you actually get a job in the corporate setting as a Nurse Health Coach, but you can launch a side biz coaching others! You can do 1:1 coaching, group coaching, online courses, and so much more! You could EASILY make an extra 1K with 1-2 ideal clients a month - not to mention the passive income you could make with affiliate income, products, and courses!

**5. Nurse Mentor/Coach**- this is a HUGE up & coming need! We need more Nurse Mentors out there! We need more nurses supporting and encouraging other nurses (especially new ones) on how to navigate being a Nurse! You can totally create an online mentorship program (almost like an online residency, but more for emotional wellbeing) and Coach Nurses throughout the year! This is an incredible side-hustle opportunity!

**6. Digital Course Creator** - this is an incredibly valuable field right now! Not kidding! If you have something to teach, you can teach it! Whether it be "How to Meal Prep As a Nurse" or "How to Give Report", or "How to Deal with Anxiety as a Nurse"....you can create a course from ANYTHING! You can charge anywhere from \$25 to \$1000+ depending on the type of course or webinar you create! There are so many gifted and talented Nurses out there who have so much to share with the world! Why not make an income on the side showing other nurses the way?

**7. Affiliate Marketing** - this is where you partner with a company that you love and make a commissions for any product that you sell! Affilaite marketing is typcially done in conjunction with a website/blog. When you share a personalized link that you set up through a company and you share it on your blog or your socail media platfrom, anyone who clicks and buys through that link will get you an affiliate commissions. Affilaite income takes time to build, but it can add up over time!

**8. Creating Digital Products** - this is where maybe you want to create an E-book, guide, or downloadable information sheet. There is a lot of information out there that people would be willing to pay \$\$ for! You can use a free app like Canva (this guide was made from Canva) and generate a beautiful downloadable PDF. You can upload that to a platfrom like Etsy and list it for a price! If what you have to share is very valuable, people will pay for it! Let's say you have 1000 followers on social media and 100 of them snagged your guide that you have listed for \$10, that's \$1000!

**9. Instagram Influencer** - this is growing a platform with meaning and value on Instagram. It takes time to grow a social media platform, but if you have a valuable and uplifting message to share with the world that helps others (and you enjoy sharing your life with others), you could potentially build an audience that opens up the opportunity to partner with companies to recieve free product and paid advertisement. You can also implement affiliate marketing on your Instagram! LOTS of ways to make money with an Instagram Platform! Brands will also reach out to you for collaboration! Many think Instagram is saturated, but I'm here to tell you that THAT is not true. It's saturated with a lot of non-sense, but when you come to the table with a lot of value and a platform that is geared towards helping, inspiring, and solving problems in a certain niche, it will take off!

**10. Virtual Assistant** - this isn't necessarily a wellness side hustle, however there are MANY wellness brands looking for VA's to help run their businesses! A simple google search or checking out a company's career page will do the trick! VA's have to be pretty tech-savvy. You're helping a company with their every day online & social media operations and whatever else they may need assistance with! You can work with multiple companies at a time if you get good at it! A lot of times if you feel that you are actually a good candidate for helping somone run their online biz, you can even simply email and pitch your resume and just ask them if they have a position available and if not, keep you in mind. It's all about making connections!



**11. Wellness Product Rep** - this is working with a company that sells a wellness product that you love and believe in! Many refer to this as Network Marketing or Direct Sales. Now before you run away screaming, understand that not all direct sales companies can be treated equal! Some of them are actually really awesome with great quality products and culture. You can also make a generous amount of income IF you are committed to putting in the work. The problem that I have with direct sales is that it attracts people who don't have qualities of an Entrepreneur. I think that you can learn and grow into that person, but if you aren't committed and willing to sacrifice the time and effort it takes to get a business off of the ground, then joining one of these companies isn't a good idea. I will say though, if you've thought about it and truly think it could be something for you, TRY IT OUT! Go at it hard and commit to the process! I think it's a great opportunity with LOW start up cost (compared to launching a personal biz) with the potential for great reward! My fav companies are doTERRA, Arbonne, and Beauty Counter!

**12. Etsy Shop** - I LOVE Etsy! It's an online marketplace for home-made goods! People sell anything from jewelry to essential oil roller blends! If you have a product that you love to make and your friends and family rave about it, I DARE you to start an Etsy shop! It's SUCH an amazing platform that allows you to create a beautiful online shop at a VERY low cost! You can advertise online and also get referrals from customers! I love Etsy because it allows you to bring your creativity online! I know many people who sell Essential oil jewelry, Roller Balls, Soaps, and Chapsticks online!

As you see, these are simply just ideas for you to ponder about launching a wellness business! Now here's the deal, having an idea and dream is the first step, but launching and marketing your business is another! That's why I create my [Nurse Wellness Entrepreneurs Facebook Group](#) and my Heart & Hustle Membership! I think having a side hustle is LIFE giving and when you're able to do something that you love while contributing to other's happiness and health WHILE making income, it's a GIANT win!

So think about what you love to do. Think about your strengths. What are you good at? What do you feel you can create or teach? What can you contribute that will help improve someone's life or happiness in some way, shape, or form? What problems do you have solutions for that you know others could benefit from? These are all questions to ask as you move forward with exploring and launching a wellness business! I know the idea can be scary and intimidating, but there's a reason you downloaded this guide. You're curious and you have a desire. Don't run away from anything good in life out of fear. I promise, the journey will be worth it!

***"If it excites you and scares you at the same time, it probably means you should do it!"***