

### **Get out of your head and into your heart**

1. Continue to build your intellectual knowledge and capacity, but don't be paralyzed by all that you think you don't know yet; focus on what you do know. Now. At this very moment. It is enough.
2. Resist your temptation to "demonstrate your value" by providing the best, smartest and massive recommendations for a client. They have a different definition of "value."
3. They value connection. Connection with you as a clinician.
4. And what they may not know yet, it that they will value connection (and reconnection) with their body.
5. Partnering with your client is one of the best ways to facilitate this.
6. Remember, you are a vessel to encourage change. People change their own life. You don't change anyone but yourself. Your role in facilitating this change is an honor and a privilege.
7. People come in with rules and structures. It's our responsibility to deconstruct rather than add to.

**It's not really about the food.**