

Mindset Exercise: Visualizing Success On Your Own Terms

You've been given an imagination for a reason. Now it's time to use it to create your ideal practice. First of all, get really comfortable and relax your body completely. Visualize you are walking in to your office to begin your day of seeing clients. Imagine what your best self looks like and what your body feels like. What type of clothing are you wearing? Are you wearing any jewelry or adornments? What is the expression on your face when you enter your work space? What preparations do you make before you get started? What movements, meditations and exercises prepare you for your day? What beverages are you sipping on while you work?

As you prepare your healing room for your first client, what rituals do you do to prep for the day? Do you prepare essential oils in your diffuser? What kind of scents do you use to prepare your room? Do you light candles? Do you use sage or burn incense at the start of the day? Do you have a little prayer or meditation time to get yourself centered and clear? How do you feel as you move around your healing space by yourself, enjoying your own energy as you set the tone in your room?

As your first client of the day walks in the door, what does he or she look like? You are very excited to see this lovely person. You have lots of beautiful wisdom and skills to share. This is your ideal client. Notice what age and gender this person is. What do they do for a living? What is their personality like? What do you enjoy most about this person? What specific needs do they have that you can help them with? Imagine inviting this person into your healing room. You are drawing this person to you now. Call them into your energy field wherever they might be and then just enjoy the process of expecting them to show up.

Imagine how the session goes. How does your body feel as you move around the treatment table? Notice how you maximize each stroke as a stretch and treat for yourself. You feel grounded, energized, calm and centered as you work. What techniques and types of healing work are you doing during this session? This could be a healing modality that you haven't even learned yet, but you will. Imagine what type of healing work you would enjoy giving the most and the answer might surprise you.

Now you arrive at the moment where the client pays you and schedules his or her next session. This client is so happy to pay you well for a beneficial service. Notice how the client pays you. Did they compensate you with cash, check or did you swipe a card? You receive the payment with gratitude, appreciation and self worth. The client is eager to re-book with you. Feel the joy of booking another happy client for their next regular session.

Notice how you feel when this ideal client leaves your office. You feel a sense of satisfaction at a job well done. Now, it's time to nourish yourself before your next ideal client arrives. What will you do to take care of yourself between sessions? Will you eat a healthy snack? Will you enjoy a delicious superfood smoothie? Will you indulge in a luxurious stretch? Maybe you take a moment to sit and ground your body as you take in some sunshine. I hope you do all of the above. This is the life you have created. Bask in the beauty of the sacred work you do.

Your healing work is your life and your life is a beautiful work of art.

When you create from a space of pleasure such as this, there is no need for competition. There is enough room in the glory of creativity for all of us to be abundant and enjoy the fruits of our labor.

Now, imagine your future self, one who has been a healer for many years. What does he or she have to say to you? What does the future you look like and how do feel in that future space? One day you will look back and realize how powerful your healing work has been and how you have touched the lives of so many.

Do this meditation/visualization exercise often and write down your ever changing visions for your healing practice. In this way, you will create what you want without having to struggle and compete.

Speak about the healing practice you are creating often and share your visions with those who can hold your dreams with you. Spend time around those who can nurture what you're creating by lifting you up with encouragement. By consistently doing these three action steps: visualizing, writing and speaking, your dreams will begin to materialize. You can create your healing business to be exactly what you want.