

Success on your own terms



For some of us, success means more time and freedom.

For others, success means recognition and opportunities. Success in healing work might be defined as having lots of satisfied clients. For a lot of us, success is measured in terms of financial reward. Only you can decide what makes you happy and fulfilled. What is more important to you:

- ◆ having time to travel and see the world?
- ◆ buying lots of beautiful things like cars and homes?
- ◆ having the freedom to do whatever you want?

Personally, I've never minded working extra hard for what I wanted. I also don't mind working a lot

harder for myself (paying the overhead, doing all the taxes and bookkeeping, reception, laundry, sales, marketing and scheduling) so that I can have my freedom to live life on my own terms. I know not everyone is geared like this and that's why we're going to do this Action Step exercise. It is essential that you clearly define what you want in terms of success. The drawbacks that come with self-employment are worth the freedom for me, but they may not be for you and there's nothing wrong with that!

Action Step:

What does success mean to you?

Write down your own definition of success. You must clearly know what you want in order to get it.

How many clients would you like to see per week?

What's your ideal hourly rate?

How long do your sessions last?

How many hours would you commit to work a day to building your successful practice?

How much money would you like to make per month?

Do you see yourself self-employed or as a valued and secure employee?

What's more important for your happiness: security or freedom?

How do you dress for work? What does successful YOU look like?

Do you wear clinical scrubs at work or flowing, comfortable, sustainable fabrics or yoga/personal trainer type clothing?

What do you feel like in your future successful practice?

How would you feel/look/act if you were the very best in the world at what you do?

What is your ideal setting to see clients? Are you in private practice, a busy spa, a wellness center or gym? Do you see high profile clients?

Do you do charity and community outreach work with your healing abilities?

How do you take care of yourself when you're not working?

What self-care activities do you regularly engage in?

How much free time do you have as a successful therapist and how do you spend your free time?

*These Action Steps and Mindset Exercises are very important because you get out of them the amount of energy you put in. Please take your time with these and put your heart into it because this is how you sculpt and create your new life. Let's create some more space for your dreams right here.
