Welcome to Module 1 of your Thriving Private Practice!

The action steps for this module are focused on helping you prepare energetically and your practice for more clients. I’m going to help you get clear on what a thriving private practice looks like for you. I’ll be sharing a specific visioning exercise I did when I was a student. This exercise helped me stay focused on getting a full practice with a waiting list. I’m also going to help you get laser-focused on reaching your goal by having you decide how many clients you want in an ideal week.

Enjoy!

Melanie Roche
Visioning Your Ideal Day

Before we get into all the nuts and bolts of growing your practice, it’s important to first have a vision around WHY you want a thriving private practice in the first place and WHAT that looks like for you. A clear vision will be your true north as you travel on your journey to grow your practice. Building a thriving private practice means you’ll stretch yourself and go through a learning curve. Your vision will keep you excited, motivated and focused on reaching your goals.

1. Write Out Your Ideal Day Below

2. Make A Vision Board
Get magazines and a bulletin board or big sheet of poster board along with tacks or glue or tape. Go through the magazines and cut out pictures that represent your ideal day. Make a vision board that engages all your senses – use colors, images, feelings, ideas…anything that evokes your ideal day and gives you the feeling of that day in your body as you look at it.
Mindset Model

Marketing

Magic

Business Systems

Notes:
The Healer’s Path

1. Get Direction
2. Get Clients
3. Create Systems

Notes:
Choose A Target Number

Someone once said, “That which is measured improves.” This is especially true in growing a thriving private practice. In this exercise you will be choosing a target number of clients you want to see in an ideal week. In fact, I’m going to have you choose THREE numbers because it’s even more powerful when you have a range of goals.

I want you to choose right now how many clients you want to see in an ideal week. Use the MTO method (see below) to guide you.

<table>
<thead>
<tr>
<th>Minimum</th>
<th>Target</th>
<th>Outrageous</th>
</tr>
</thead>
<tbody>
<tr>
<td>This is the minimum number you want to reach your goal. If you only reach this number, you did well.</td>
<td>This is the number that’s very doable for you…and yet stretches you. If you reach this number, celebrate!</td>
<td>This is a wild goal for you. This will push you to reach higher and higher levels of achievement. If you reach this number, congratulations!</td>
</tr>
</tbody>
</table>

Write your minimum number below:  
Write your target number below:  
Write your outrageous number below:

You also want to choose a date that you’ll reach your target number. Write the specific dates below for each of the three numbers. By when do you want to reach your Minimum, Target and Outrageous numbers: