

Building Your Practice: Confidence and Congruence

Decide

Breaking through the Barriers

Overcome your limiting ways of thinking about what is possible for you

Goal Setting

Values Clarification

Work out what is most important to you and spend most of your time, money, and energy on those things

Organised Planning (look at practicalities)

Commitment.

I wish...

I want to...

I plan to...

I will...

Consistent Action with Gentleness and Patience

Get started - Do the first thing first. Tap. Take action towards your goals - don't let another minute go by before you take a step, no matter how small. Sometimes it could be as simple as taking a nap. Then persist.

Practicalities

Finding your niche

Disclaimer forms

Insurance

Charging

Brochures

Marketing

Website

The Four Agreements by Don Miguel Ruiz

Agreement 1 Be impeccable with your word - Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

Agreement 2 Don't take anything personally - Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

Agreement 3 Don't make assumptions - Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

Agreement 4 Always do your best - Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse and regret.