

PRIVATE PRACTICE BOOTCAMP™

WEEK ONE: SET THE FOUNDATION

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NEW IDENTITY: BUSINESS OWNER

List all the identities you currently have right now: ex. Therapist, Parent, Ninja :)

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Choose 5 other than business owner and enter them in the chart below.
Label which stage of skill development you are in for each.

	Business Owner					
Novice						
Competent						
Proficient						
Expert						
Master						

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CURRENT PRIORITIES

Write out a list of all your current priorities. This can include things like school, work, family, hobbies etc.

What are you prepared to let go of, spend less time on or postpone in order to build your business? Write it out below.

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Create a list of any unfinished tasks, projects, commitments or events that may get in the way of you building or launching your private practice?

- 1)
- 2)
- 3)
- 4)
- 5)

Take each item and brainstorm what would need to happen to eliminate these roadblocks to moving forward.

- Do you need to block out some time to finish things?
- Do you need to outsource something?
- Do you need to change the time-frame for when it needs to be accomplished?
- What would need to happen in order to take these things off the list?
- Re-evaluate if the task is still relevant to you?

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What currently blocks or distracts you from accomplishing your goals?

- Do you need a quiet space to work?
- Do you need different technology or supplies?
- Do you need to set boundaries with people in your life?
- Do you have a gap in your skills that is holding you back?

Write out your current roadblocks below:

- 1)
- 2)
- 3)
- 4)
- 5)

What would you need to do to eliminate these roadblocks?

Note: some of these solutions will not be quick fixes.

- Who could you reach out to?
- Where could you get support?
- Can you find more time?
- Can you find more money?
- What do you need to learn?
- What do you need to buy?

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CURRENT FINANCES

What are your current financial obligations? Create a list of where your current income is going.

How are you currently supporting yourself? How flexible is this arrangement?

How long could you realistically go without making a profit?

How much money do you have saved currently?

How much debt do you have currently?

In an average month, what are your current expenses?

How much would you need to have to support yourself for 6 months?

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CURRENT SUPPORTS

Who supports you in life and in your vision of building your private practice?

What do you have as positive motivators or rewards?

Create a list of things you can use to treat yourself as you progress through this journey, that are in alignment with the goal of opening or expanding your own private practice.

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CURRENT DETRACTORS & FEARS

Create a list of who you think may not be supportive or able to support you in your goal to open your own practice?

Create a list of any fears you have about starting your own private practice?

How realistic are these fears?

What needs to be done to address these fears?

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ADDITIONAL SELF-REFLECTION

Complete the following sentences:

The easiest part of building my own practice will be:

The most challenging part of building my own practice will be:

My biggest asset for building my own practice is:

If I build a successful practice, I will be:

If I build my own practice, people will think:

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NOTES: