

Money Mindset for Health & Wellness Practitioners

Positive Mindset Mindfulness

- Morning meditation
- Set guidelines for what's needed vs wanted
- Give yourself permission to invest in your success

Identifying Success

- What does success look like? Is it a # of clients, or a # of new clients?
- Identify what reports you need, and how fast you can pull them together to ensure you are on target
- Compare your competitor's costs - does the value you bring align with what you are charging?

Financial Goals

- Identify 2-3 ways you saved on expenses last month
- Set budgets for what's needed vs wanted (e.g., miscellaneous spending)
- Set some time to review budgets in your calendar each month to track your progress