



The Top 10 Things You Can Do to Regain Some Balance if You've Been Stressing:

1. Use a practice management system like TherapyNotes™ (you can use the code Abundant at checkout for 2 months free)
2. Have clear benchmarks for when you can leave your job if you're working outside of your private practice
3. Keep work at work and home at home (even if your work is at home, only use your computer in your therapy space when doing therapy.
4. Take time off to rest, have fun, etc. The kind of stuff that actually revives you (i.e. probably not binge watching shows)
5. Be honest with yourself about what's working in your practice and what's not. (ex: niche, hours, days, fee)
6. Intentionally have more fun outside of work. Even if you LOVE your work. Make your life full of the things that make you happy. It's part of the whole point of private practice.
7. Use 5 or fewer marketing strategies. More is not just ineffective, it leads to burnout. We walk you through that in the Abundance Party.
8. Systemize what needs systemizing in work and life. From your bill paying to your vacation planning. We talk about that in the Abundance Party, too.
9. Practice what you preach. You know what revs up your stress and what helps. Actually do those things. Starting and building your practice are high intensity activities. Take care of yourself as if your clients were watching.
10. Keep checking in with yourself about what you want. Sometimes this stuff changes. You're putting in the work - you may as well get what you really want out of this practice.