



Sample Schedules

The High Hours, Few Days Approach

This doesn't work for everyone. It's vital that you know your limits. When I was in my first full time practice it was no problem to see 8 clients in a day. After all, I'd been working full time plus a private practice for so long my endurance was built up. There's no way I'd make intelligible sentences by the end of the day if I tried that today. When you're full with this method, this is what it could look like. Until you're full, fill in non-occupied slots with equal parts marketing and self-care (real self care, not scrolling through stuff on your phone).

GMT-04	Sun 4/23	Mon 4/24	Tue 4/25	Wed 4/26	Thu 4/27	Fri 4/28	Sat 4/29
8am		8-9 Client	8-9 Client	8-9 Client			
9am		9-10 Client	9-10 Client	9-10 Client			
10am		10-11 Client	10-11 Client	10-11 Client			
11am		11-12p Client	11-12p Client	11-12p Client			
12pm		12p-1:30p Networking Lunch	12p-1p Blog	12p-1:30p Networking Lunch			
1pm		1:30p- Catch Up	1p-2p Social Media Management	1:30p- Networking Email			
2pm		2p-3p Client	2p-3p Client	2p-3p Client			
3pm		3p-4p Client	3p-4p Client	3p-4p Client			
4pm		4p-5p Client	4p-5p Client	4p-5p Catch up			
5pm							

GMT-04	Sun 4/30	Mon 5/1	Tue 5/2	Wed 5/3	Thu 5/4	Fri 5/5	Sat 5/6
8am							
9am		9-10 Client	9-10 Client				
10am		10-11 Client	10-11 Client	10-11 Catch Up			
11am		11-12p Client	11-12p Client	11-12p Client	11-12:30p Networking Lunch		
12pm		12p-1:30p Networking Lunch	12p-1p Blog	12p-1p Client	12:30p- Networking Email		
1pm		1p- Lunch	1:30p- Social Media Man	1p-2p Client	1p-2p Client		
2pm		1:30p- Catch Up	2p-3p Client	2p-3p Lunch	2p-3p Client		
3pm		2p-3p Client	2p-3p Client	2p-3p Client	2p-3p Client		
4pm		3p-4p Client	3p-4p Client	3p-4p Client	3p-4p Client		
5pm		4p-5p Client	4p-5p Client	4p-5p Client	4p-5p Catch up		
6pm				5p-6p Client	5p-6:30p Group		
7pm							

I Want to Work Some Evenings and Spread it Out Some. With Friday's Off!

Again, you only have to work evenings if you WANT to work evenings. If you do dig evenings, awesome, here's a sample full schedule. Until you're full, fill in non-occupied slots with equal parts marketing and self-care.

Building with a Full Time Job

My heart goes out to you. It's hard work. I did it for 5 long years (in the beginning because I liked my job, in the end, because I knew we were moving away and it didn't make sense to go whole hog when we were on our way out). Make sure you do your math to see how many private practice clients you need to replace your salary. 12 seems to be the magic-ish number for when people can ditch the job, so that's what I included here. Please, do your own math... your fee and your current paycheck make this vary greatly. And honestly, just looking at this schedule makes me tired. I hope if you're in this phase, it's short-lived.

GMT-04	Sun 5/7	Mon 5/8	Tue 5/9	Wed 5/10	Thu 5/11	Fri 5/12	Sat 5/13
8am		8-5p Full Time Job	8-12p Full Time Job	8-5p Full Time Job	8-5p Full Time Job	8-5p Full Time Job	8-9 Client
9am							9-10 Client
10am							10-11 Client
11am							
12pm			12p-1p Networking Lunch				12p-1p Client
1pm			1p-5p Full Time Job				1p-2p Client
2pm							2p-3p Client
3pm							3p-4p Catch up
4pm							
5pm							
6pm			6:30p-6:30p Client	6:30p-6:30p Client			
7pm			6:30p-7:30p Client	6:30p-7:30p Client			
8pm			7:30p-8:30p Client	7:30p-8:30p Client	8p-9p Blog in Your P.J's		