

Revitalized Practice:

CREATING YOUR IDEAL PRACTICE

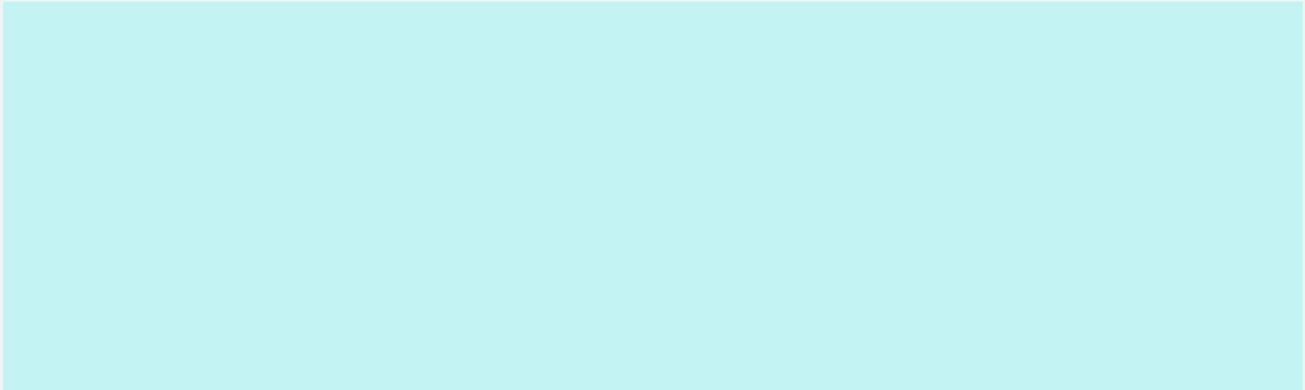
BY CRISTINA SMUGALA, MA, LPC



What is your vision?

Getting clear about what you really want is essential for creating your ideal business plan. When you dream about your ideal practice what is it you see yourself doing? What do you want to have more time for? What is your ideal schedule? How do you want to feel?

Write out your dream vision here.



What is the impact you want to create in the world and for your clients? What is the impact you hope your practice has on [your](#) life?

Write your impact statement here.



Where does the time go? Do a time analysis for the next 5 days.

Time Analysis Worksheet

Returning Calls From Potential New Clients				Start	Finish	Total Time

Scheduling Current Clients				Start	Finish	Total Time

Returning Emails				Start	Finish	Total Time

Verifying Insurance Eligibility Benefits				Start	Finish	Total Time

Managing Check-ins Crisis Calls/Emails				Start	Finish	Total Time

Completing Case Notes				Start	Finish	Total Time

Coordinating Care & Contacting Referral Sources

Start

Finish

Total Time

Coordinating Care & Contacting Referral Sources						

Marketing Web & Networking

Start

Finish

Total Time

Marketing Web & Networking						

Writing Documentation and Blogging

Start

Finish

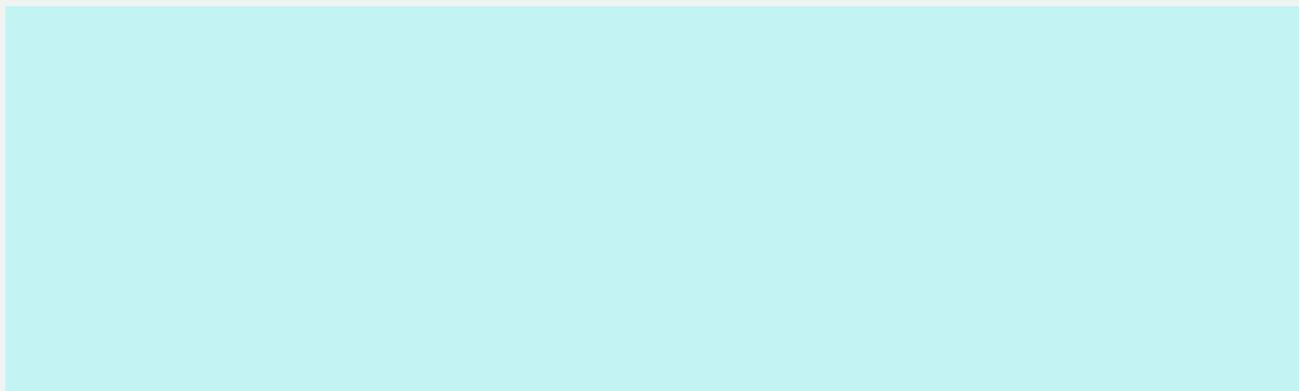
Total Time

Writing Documentation and Blogging						

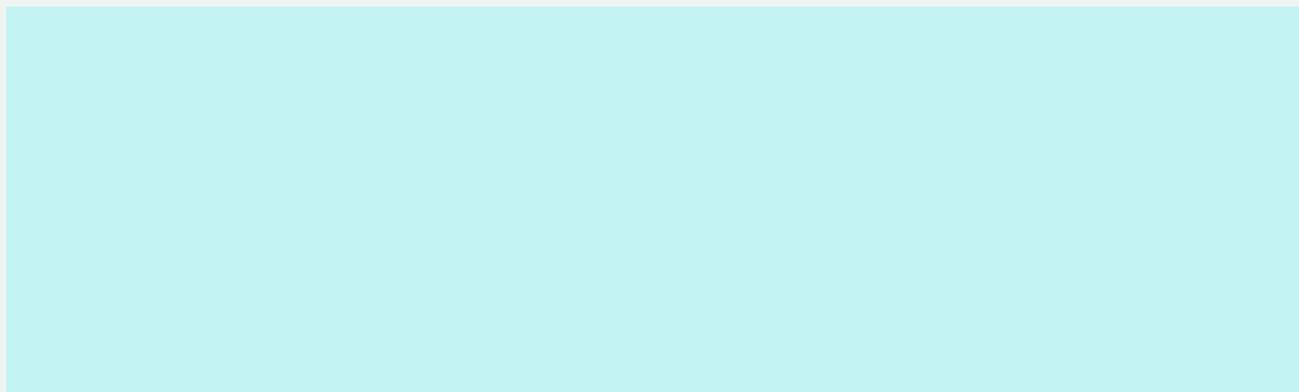
What is it that causes you stress in your private practice? What fears come up for you when you think about making changes to your current practice that would decrease these stressors?

List the things that need to change. List the things you are afraid to change.

List one thing you could change today about your practice that would get you closer to your ideal vision.



What stops you from making your ideal income? How did you choose your hourly rates? Where did your ideas about your hourly rates come from?



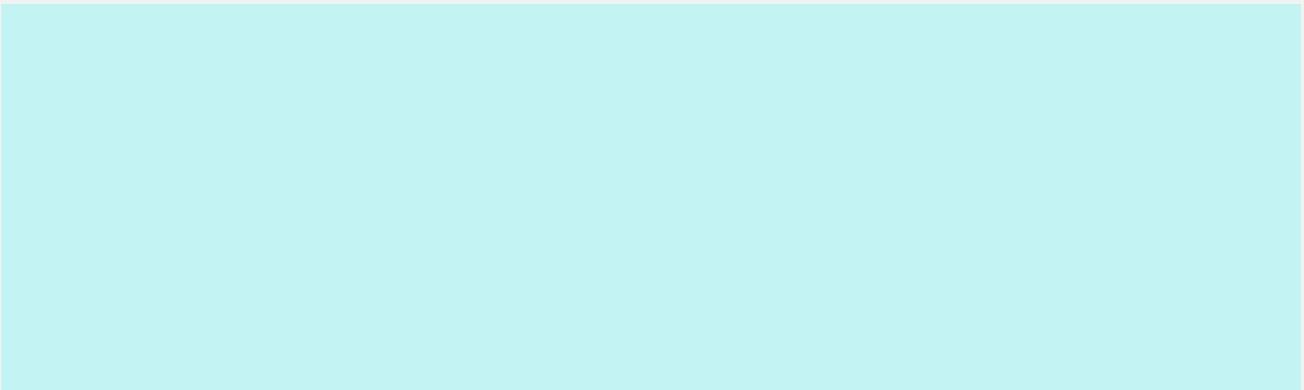
What is your ideal yearly income or the income you need to have the work life balance you want to achieve? How does this compare to your current yearly income?



Write out the other types of products or services you would like to offer?
What are the products or knowledge offerings your ideal clients need?



Where do you connect with your ideal clients? How can you extend your reach?



NOT SURE WHERE TO START?

Curious about passive income streams? Want to add clinicians to your practice? Not sure how to set your fees? Want to attract more full fee clients? Need systems for managing your practice that work? Want to write a book? Host a talk? Interested in Ebooks and Ecourses? Do you have a action plan?

Let's work together and make your vision a reality.

Private Practice Consulting 1 Hour: \$200.00

Contact Cristina: support@revitalizedtherapist.com