

Here are some ideas of what to start thinking about when opening your own practice. While this doesn't cover it all it's a great beginning to start brainstorming your thoughts!

Remember to slow yourself down in this work and really start to set time for intention and goals when making this decision. If you're here right now that means you want to make sure you're taking clear steps towards your goals.

1. What are my reasons for wanting to open my own practice right now?

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2. What steps have I taken thus far to open my own practice?

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3. When I think about going off on my own what are my greatest obstacles?

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4. What resources do I already have in place to get started?

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5. What resources am I lacking that I need support connecting to?

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