

Successful Practice Worksheet Competed for Webinar 16-01-18

We put our heads together at newenergywork and came up with our list of the top 5 ways we can hold back our practice.

We then linked the 5 topics to some of the Energy Work techniques we use.

What do you think? Can you add to this list? Please use this worksheet in the Webinar and add your own notes.

#	Factor	Questions	Energy Work Techniques
1	Time and Energy	How busy am I? Ideal number of clients? Actual number of clients? How many clients can I realistically treat?	Goals Diary Meditations
2	Confidence	How confident am I? Do I need to update my skills? Am I practicing enough?	CPD Swops Mentoring
3	Availability	How easily can I be found? Is my social media sorted?	The Window Social Media
4	Creating a positive energy field around my work	What do clients experience? How to I talk about my practice?	Five Sensing The Wave
5	Putting my energy in the best place	Where do I focus my time?	The Pyramid

