

# Modern Therapist Vision 2022

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As we embark on a new year, let's take a few moments to put on our future goggles together and get ourselves oriented to our vision for 2022. Now is the perfect time to set our intentions and chart the course toward our purpose for the coming year.

- \* What does being a modern therapist mean to you?
- \* What messages about being a therapist have you received that feel life-giving to you?
- \* What messages about being a therapist have you received that feel limiting to you?
- \* If you showed up for your clients as the healthiest, most whole version of yourself, what would that be like? What would be different for you? What would be different for your clients?
- \* What are your biggest stuck points, concerns or fears about putting yourself first in your work?
- \* If you knew you couldn't fail, what would your ideal practice look like? What clients would you be working with, where and in what format(s) would you be practicing, what would your ideal schedule be, how much would you be charging?