

90-Day Career Vision & Financial Roadmap

Practitioner Name: __ Date: _____

Section 1: The 90-Day Vision (Anchoring Your "Why")

Close your eyes and visualize your practice three months from today. Answer the following based on your "Selective Attention" goals.

1. **My Workspace:** (e.g., Home office, virtual/nomadic, shared integrative clinic)

2. **My Ideal Client Niche:** (e.g., Busy moms with gut issues, athletes, autoimmune recovery) _____
3. **My "Day 1" Feeling:** (How do you feel when you check your bank account on the 1st of the month?) _____

Section 2: Business Model Selection

Identify which high-impact career path(s) align with your current lifestyle goals (Select up to 2 for a Hybrid Model).

- ☐ **Private Practice (1-on-1):** High-touch, boutique coaching.
- ☐ **Group Programs:** Leveraging time by coaching 10–20 people at once.
- ☐ **Corporate Wellness:** Consulting for companies/insurance reduction.
- ☐ **Integrative Clinic:** Working as part of a clinical team (Salary-based).
- ☐ **Online Courses:** Passive income through pre-recorded education.
- ☐ **Hybrid Model:** Combining 1-on-1 work with a scalable digital element.

Section 3: The Math of Success (Monthly Target: \$8,333 for Six-Figures)

Use the table below to calculate your realistic path to your income goal.

Revenue Stream	Monthly Rate (Price)	# of Clients/Units	Total Monthly Revenue
Example: 1-on-1 Coaching	\$600	14	\$8,400

Revenue Stream	Monthly Rate (Price)	# of Clients/Units	Total Monthly Revenue
High-Touch Coaching	\$_____	x _____	\$_____
Group Program	\$_____	x _____	\$_____
Affiliate/Labs	\$_____	x _____	\$_____
TOTAL MONTHLY ESTIMATE			\$_____

Section 4: Milestone Tracker (The First 12 Months)

Check off your current phase and set a target date for the next transition.

- ☐ **Phase 1: Learning (Months 1–3)**
 - *Goal:* Complete curriculum, take on 2 "beta" clients for testimonials.
 - *Target Completion Date:* _____
- ☐ **Phase 2: Launch (Months 4–6)**
 - *Goal:* First paying clients from network. Target: \$1,500 - \$3,000/mo.
 - *Target Completion Date:* _____
- ☐ **Phase 3: Momentum (Months 7–12)**
 - *Goal:* Refine niche and referral systems. Target: \$5,000 - \$8,000/mo.
 - *Target Completion Date:* _____
- ☐ **Phase 4: Scaling (Year 2+)**
 - *Goal:* Introduce group/passive elements. Target: \$10,000+/mo.
 - *Target Completion Date:* _____

Observations & Reflections:

What is the biggest "imposter syndrome" hurdle you need to clear to charge premium prices?

Next Steps:

1. Identify 2 potential "Beta" clients to approach this week.
2. Finalize pricing for a 4-month "Root Cause" package.

3.

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