

FIRST FOCUS TOOL

How to diagnose which action to take
in your phase of business and create the most
effective intention going forward



Hello!

I'm Julia Thie and it's my **joy** to help healing art practitioners be effective, successful and healthy!

What do *you* focus on to take the next step forward in becoming a healthier business owner?

I firmly believe your focus generates your habits, and your habits create **the pattern of your life**.

I also believe your skill is not only the healing art you provide. The health of your *business* is **an essential part of your medicine**.

So here's where we begin. Since **we live and have our being in cycles**, then your *business* also has a life cycle.

Each phase of the cycle contains **potential** for habits that hold you back and *also* holds an opportunity to **focus on what makes you thrive**.

Use this tool now to discover your *first* focus to help you **step up to a new vision**.

I invite you to then [hop on a call with me](#) to discuss your discovery questions and how we could work together to make your vision come to Earth!

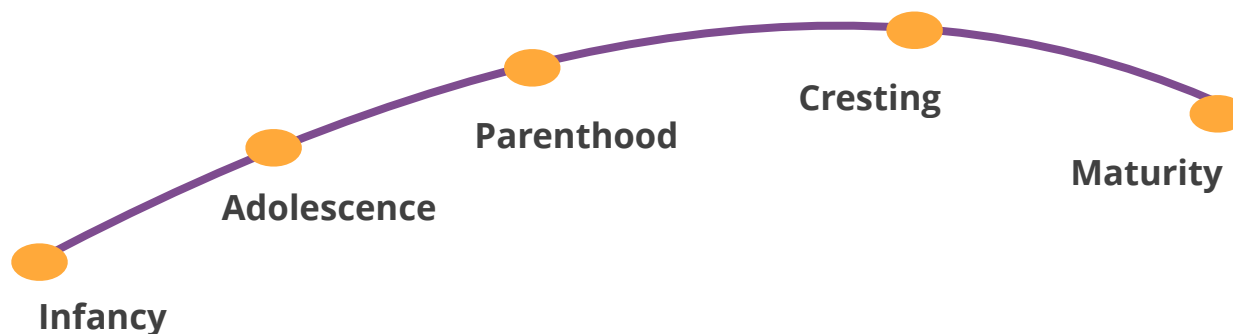
Here's to Your Transformation!



Julia Thie
Holistic Medicine Business Coach



THE BUSINESS LIFE PHASES



DIAGNOSE WHERE YOU ARE

Keep in mind these aren't a grade, one is not better than another.
Think about what phase you see yourself in!

You know your phase is.....

- ☐ **Infancy** if you are changing to a new style of practice or just beginning in business. You have many choices to make!
- ☐ **Adolescence** if you have developed a practice but are not in full groove. You'll need to create some systems to keep a rhythm.
- ☐ **Parenthood** if you've been in practice a while at a challenging pace and you feel you are spreading yourself a little thin. You want the right kind of help so you can lighten your load!
- ☐ **Cresting** if you have discovered patterns that work well in your care and recognize you have something more to share. You can present your information in an even more effective way.
- ☐ **Maturity** if you have mastery of your craft and a steady routine that is on autopilot. You have an opportunity now to stand in your power and share your elder wisdom.

NOW CHOOSE YOUR FOCUS

Infancy	<i>ASK FOR CLARITY</i>
Adolescence	<i>CREATE CONSISTANCY</i>
Parenthood	<i>DELEGATE THE UNNECESSARY</i>
Cresting	<i>RISE WITHOUT APOLOGY</i>
Maturity	<i>SHARE YOUR AUTHORITY</i>

DISCOVERY NOTES

What phase of business do you see yourself in now?

What is the biggest challenge you face?

Using the list above, what is your focus going forward?

* What is one specific action you can take in the next week to turn that focus into reality?

PRO TIP: *Trust your instincts*



PUT YOUR FOCUS INTO ACTION

All these focus tools work well at *any* phase of your business life.

The different challenges **specific to your situation** will direct what you'll want to focus on first.

Right now, imagine feeling **successful in a fulfilling way** (matching *your* definition of success). How many people would that positively effect?

What action step could you take (mentally and physically) to head in the direction of that unfolding vision?

I know that shifting focus *without* support feels like trying to **steer a parked car!** You put in the effort - but there's no real change in direction (or results)...

Instead, I invite you to take the opportunity to get super-clear on what your next action looks like and map out how to rise above struggle so you can really bring your gifts to the world; **effectively and sustainably**.

If this feels like something you would like to do then [schedule a free discovery call with me](#). Let's talk about your action step and discover the programs I have to offer that give you the support you may be craving right now.

YES, I'M READY TO SHIFT MY FOCUS!



www.juliathie.com/discover

And if this doesn't ring your bell right now, please keep an eye out for more tools and ideas in my newsletter coming your way (once you confirm your email).

And as always, **listen to your Heart** above all else. Thank you for the work you do!