



HOW TO GO HOME WITH MORE ENERGY AT THE END OF THE DAY

Having a nourishing, sustainable, and profitable practice is entirely possible for YOU. Yes, you. All day long, you help people feel better. Shouldn't your practice be a reflection of this healing qi—even outside of the treatment room? In your administrative systems? With your team, if you have people supporting you and your patients?

In 5 element theory, metal holds water. In your practice, systems represent the metal element—they are the infrastructure that hold your flow. These systems—my top three—will help you be able to go home with more energy at the end of your day!

As you help people, it's possible to be re-sourced in your work. Not drained. Not exhausted by healing. Replenished. Exhaustion often comes from clear lack of systems. No shame, no blame. Knowing you don't have clear systems is the first step in establishing them.



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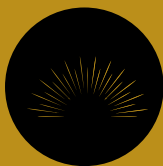
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Plan your flow: Come in 30 minutes before your first patient and print out the list of patients you have for the day. Make quick notes about 1. chief complaint 2. number of appointments they have remaining, and what the scheduling plan is 3. whether they may need extra listening, or time to get on or off the table, so you can calibrate your flow accordingly (respond vs. react).



Tend to your body: 1. Earth: nourishment eat lunch at a scheduled time 2. Metal: systems: commit to the ritual of systems (see above!) 3. Water: Flow: drink water , at least 40oz before the end of your shift. 4. Wood: Move! Do a minute of shaking qi gong a few times throughout the day. 5. Fire: Joy! Connect with the joy of facilitating healing, with compassionate detachment to outcome.



Close your day with a ritual: 1. Make a list of top priorities for the next day you are in clinic (1-3 things), to direct your qi clearly when you return. 2. Walk through your space in a closing ritual of gratitude--use a sage spray, or singing bowl, or something to clear your space, and express gratitude for the healing you facilitate with your patients, your patients, your business, your life.

SUSTAINABLE. AUTHENTIC. PROFITABLE PRACTICE GROWTH

When you are ready to grow your practice, and feel better in ALL the areas of your life, this is what I help people do.

I help practitioners:

- Fill up their schedules with just right fit patients, in a sustainable (not overwhelming!) way
- Grow beyond their current capacity in a way that makes qi sense, time sense, and financial sense--with ease as a priority!
- Hire team members who support you and your patients
- Lead teams so that your team culture feels as good as the treatments you provide!
- Grow beyond a clinic model
- Grow beyond one location
- Pivot into the next exciting phase of their career
- Develop online programs that put to use their vast knowledge and experience

Growing your practice (in whatever form YOU want it to take!) can be an ultimate act of healing, of connecting with your own potency and power, and of directing the qi of your life and income.

I found that growing my successful acupuncture practice healed generations of financial trauma, helped me flourish in my confidence and self-compassion, and helped me fulfill my purpose of helping many, many people feel better.

Curious about what's possible for you? Let's connect so we can both learn more.



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