



Spring Seasonal Dreaming & Planning

for practitioners

with Camille Freeman, LDN, RH

Introduction

Welcome to the Spring Dreaming and Planning for Practitioners workshop.

I've found that seasonal planning is much more effective than annual planning. The workshop is designed to walk you through the process.

Here's what we'll do together:

- Reconnect with your reason for being in practice
- Review what has/has not been working during the winter season
- Decide on a single spring intention or focus
- Come up with a loose weekly plan for the season

I also encourage you to spend a few moments at the end of each month reflecting on your progress and planning for the month ahead. You can use [my seasonal planning and tracking document](#) if you like.

I typically hold these workshops toward the end of each season. I hope you find this process helpful. Come back and join me again for the Summer Intentions workshop in a few months ✿

Looking forward to Spring blooms,

Camille Freeman

Camille Freeman, LDN, DCN, RH

Grounding & Centering

We'll start by reconnecting to the the things that matter most. When you tap into the reasons you feel called to clinical work, it's easier to move in directions that

Why are you in practice?

Answer here

What do you love about your work?

Answer here

Which 3-4 terms describe the way that you practice?

Answer here

Winter Wins and Happenings

List major events in your life or business from this winter. Aim to write down at least 20 wins - big or small - related to your work.

20+ wins from this past season. Big and small.

Answer here

Winter Review

Write what is working well in your practice & where you need additional support.

Description/design of the services you offer

Answer here

Providing exceptional care for your clients

Answer here

Technology/software used in your practice

Answer here

Systems used in your practice

Answer here

Work-life balance/daily routine

Answer here

Physical space for your practice

Answer here

Connecting with/finding clients

Answer here

Community and support as a practitioner

Answer here

Cash flow

Answer here

Spring Dreaming and Focus

On this page, we'll think more carefully about the energy of spring and how to work with it in your practice.

List the top 3 areas where you could use support or focus:

Answer here

What energy does spring bring your practice?

Answer here

Pick a single spring focus or intention.

Answer here

Getting specific

Think carefully about what you need to do to move toward your seasonal intentions/goals. The things you list here should be specific actions that you can take, not wishes that are out of your control (e.g. get 10 clients.)

What do you need to do daily, weekly, or monthly to manifest your seasonal dream/intention/goal?

Answer here

Weekly Planning and Intentions

Set aside 15-30 minutes as each week starts to plan the week ahead so that you're spending your time with intention and care.

How many hours do you have to work on your practice each week?

Hours:	<i>Answer here</i>
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Hours to spend with clients:

Hours to spend on finding new clients:

<i>Answer here</i>

<i>Answer here</i>

Hours to spend on administrative bits & pieces:

<i>Answer here</i>

When will you plan your week and how will you allocate your time?

<i>Answer here</i>



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