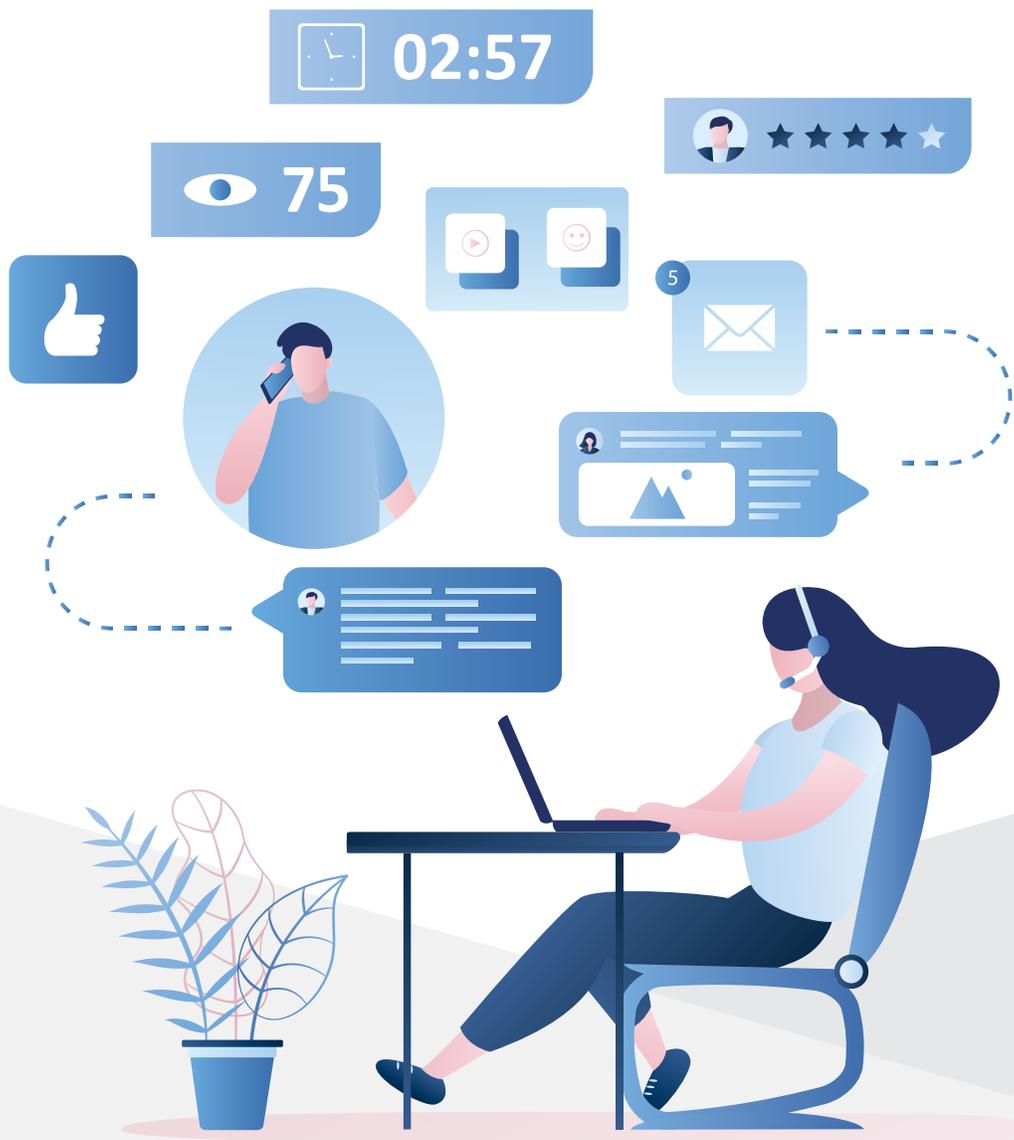


5

Simple Tips

For Getting the Help You Need



productivetherapist

Is your to-do list
bursting at the
seams?

Constantly
buried in never
ending tasks?

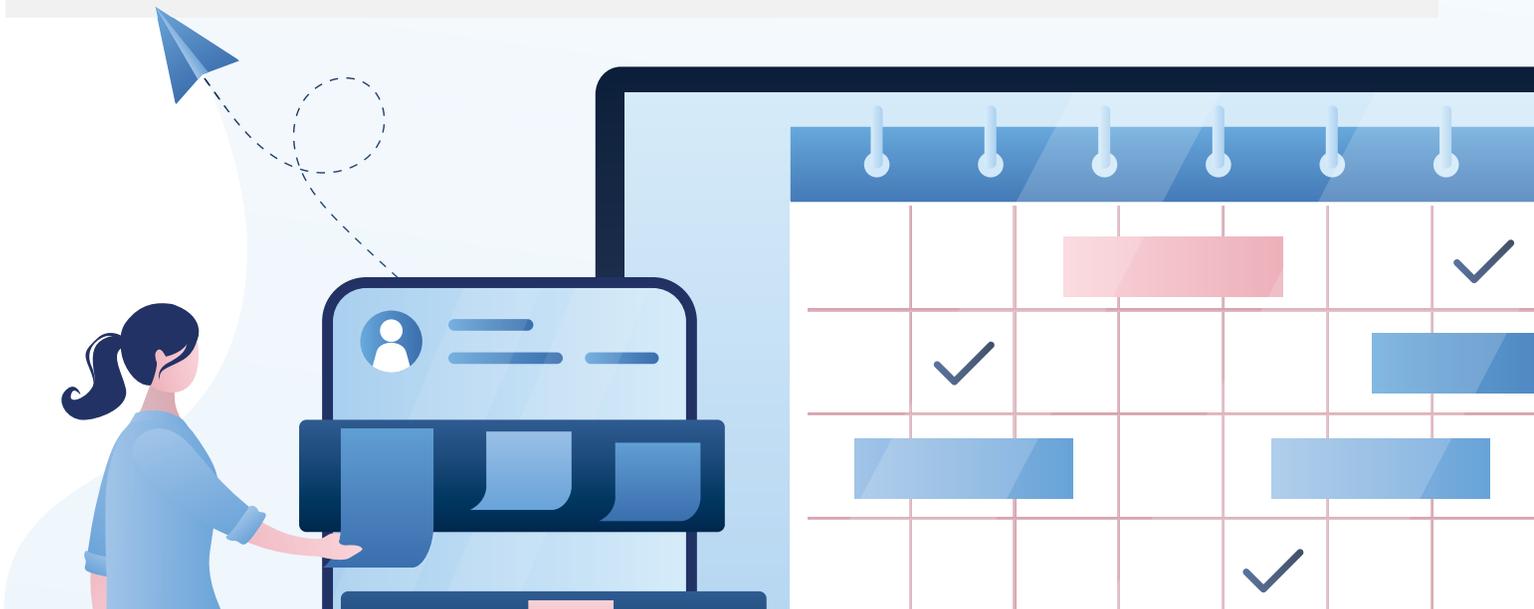
Feeling all alone
in your private
practice journey?

You might need to get some help!

Maybe delegate a few things. Build a team and reach your dreams quicker.

You should be able to change the world and love your life!

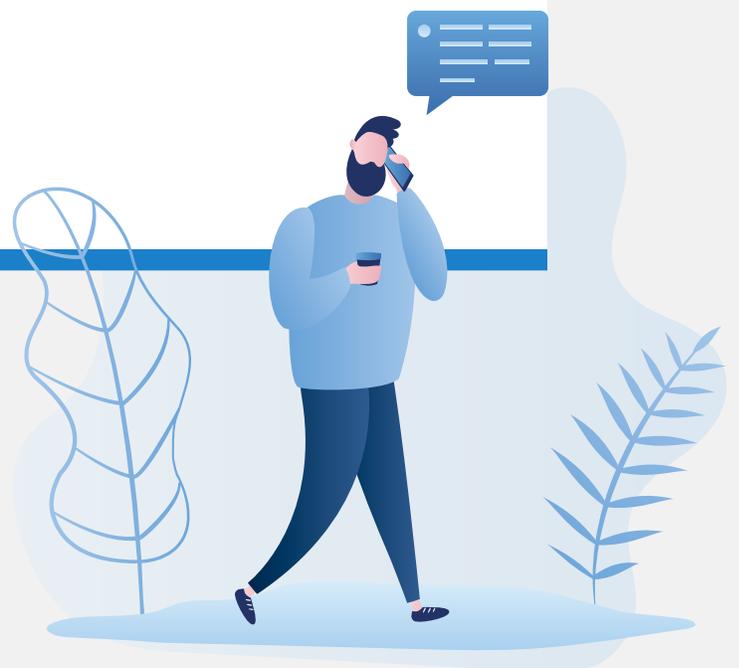
These tips will help you get there a bit faster.





*The longer you do the
inexpensive work, the longer
your business will be trapped
in inefficiency and as a result
will stay tiny forever.*

—MIKE MICHALOWICZ



Tip #1

Admit That You Need Help

THE PROBLEM

You think you can successfully juggle all the roles & tasks in your business.

THE SOLUTION

Admit that you need help. You are amazing, brilliant and competent. There is no doubt about that! However, you are also human and you have limitations. If you want to grow your business, you will need to delegate. You must avoid becoming the bottleneck to your own progress. You will need a team to accomplish your big dreams and you will ultimately be able to help more people if you get some help.

OUR INSIGHT

Doing everything yourself for too long is a recipe for burnout!

SIMPLE STEP

Grab a piece of paper and draw a line down the center, write the tasks you truly despise on the left side and the tasks you actually enjoy on the right, now circle one task on the left that you will take steps to delegate this week.

Tip #2

Calculate the Value of Your Time

THE PROBLEM

You spend too much time on low-value tasks without even realizing it.

THE SOLUTION

Calculate the value of your time and compare that to what it would cost to outsource some of the low-value tasks. I love to get help with my insurance billing (\$24/hr), my bookkeeping (\$75/hr) and my lawn care (\$30/hr). All of these tasks are significantly less than my \$180 counseling fee and my \$250 coaching fee. I consider those expenses to be necessary for my business growth as well as my personal well-being. More of an investment actually!

OUR INSIGHT

You make excellent money when you focus on the right tasks!

SIMPLE STEP

Take a look at your total client income from last week's sessions. Divide that by the total number of client appointments you had. This will give you your average fee. Now, avoid taking on new tasks (and ditch some current ones you are handling now) that cost significantly less than your average fee.

Tip #3

Accept That DONE is Better Than PERFECT

THE PROBLEM

You think no one will handle the tasks as well as you do.

THE SOLUTION

You need to accept that done is better than perfect. I'll be honest with you on this one. No one will ever be as invested in your business as you are. That is actually ok. If you find quality people and companies to work with you will get more done and be extremely happy, even when it is not perfect. Your high standards are important, but don't let them stop you from delegating!

OUR INSIGHT

You can find amazing people that will share your values and do great work for you.

SIMPLE STEP

Grab a notebook and write down your worst fears about delegating and disaster. Read them out loud to someone you trust. Do some self-therapy and make a shift. Adjusting your expectations will make a world of difference & maybe even get you unstuck!

Tip #4

Use Our Master Resource List

THE PROBLEM

You don't know where to find good help and/or you have already had some bad experiences.

THE SOLUTION

Use our Master Resource List! It's tough finding a good therapist, a trustworthy contractor or a website designer. The struggle is real and we all have stories! However, the work it takes to find the right help is 100% worth the effort. I often go to my friends, colleagues and even a few Facebook groups to get good recommendations. If only there were stacks of Amazon reviews to evaluate virtual assistants!

OUR INSIGHT

Getting solid recommendations from sources you trust makes it easier to get the help you need.

SIMPLE STEP

Go check out our [Master Resource List](#) to find some amazing individuals and companies that serve therapists. It is not exhaustive, but we have done a ton of research and we do remove listings that we hear negative reviews about. Of course, we would love to support you and your practice!

Tip #5

Start Small & Delegate Something This Week

THE PROBLEM

You delay getting help due to some mixture of ambivalence, avoidance or fear.

THE SOLUTION

Start small & delegate something this week. Delegation (and asking for help in general) is like a muscle that you can exercise and develop. There are zero ambitious, successful therapists that are born with these skills. Trust me! Get some accountability if you need it, but make a commitment to yourself to get started with something small.

OUR INSIGHT

Don't feel bad, this stuff is hard. You just need to get started.

SIMPLE STEP

Grab that list you made from Tip #1. If you are like me you did all of these in your head and that's ok! Find that task that you circled and write down 2-3 ideas about who you could ask for help from. Decide right now to reach out to those people or companies and find out the next steps to getting some help.

Alright!

Pat yourself on the back for the emotional labor it took to read through these 5 tips!

You are seriously getting closer to becoming a Delegation Pro and bringing more calm and balance into your life & your business.

At the end of the day, the goal is not really just about maximizing your productivity. It's about changing the world, while building a life that you love. Creating a sustainable business that serves your bigger goals and dreams.

Life is too short to burn out early. Don't be held back by stress and overworking.

At Productive Therapist we help you get more done, so you can have more fun!

We would love to help you!

Join the Productive Therapist Insider community today to get snackable support & curated content to reach your goals quicker.

[GET ACCESS NOW](#)

