



FINAL ASSESSMENT!

You Did It!

You've walked the full Catalyst Roadmap — not just with strategy and systems, but with **soul**.

Let's take a moment to reflect on what you've accomplished:

✔ Catalyst Roadmap High Points

IMAGINE: You clarified your purpose, values, and the unique magic only *you* bring to this work. You defined your ideal patient, reconnected to your “why,” and planted the seeds of a practice that feels like you.

FIND: You chose the right tech, team, and tools to help your vision come to life. You set boundaries, created legal foundations, and began building a business with intention.

STREAMLINE: You simplified systems, automated what drains you, and built beautiful efficiency into your practice. You reclaimed your time without sacrificing your patient care.

AMPLIFY: You expanded your visibility, built content that educates and inspires, and took bold steps toward leadership. You claimed your voice and used it to grow impactfully.

PARADE: You're now standing tall in your brand, building legacy, and making empowered decisions for what's next—whether that's expansion, simplification, or succession.

Milestone Tracker





IMAGINE

- You have identified your top 5 core values
 - You have a draft for your tagline ("I help _____ do _____ so they can _____")
 - You identified the demographics of your Ideal Patient Avatar ("target") and their detailed characteristics, problems, symptoms, and pain points.
 - You have visualized your ideal work setting and begun to explore options
 - You have explored the Catalyst Trello Template to set up a virtual vision board
 - You signed your personal proclamation
 - OPTIONAL: You have a Signature Talk locked in and ready to go
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FIND

- You identified your preferred tech stack
 - ATTRACT/NURTURE: Website, online scheduler, CRM (newsletter service)
 - OPERATIONS: Electronic Medical Records, Efficiency tools (Text expander, Boomerang, Tango)
 - You have edited and downloaded your Disclaimers and Consent forms
 - You have solidified your communication preferences to funnel contacts efficiently
 - You've completed your personal User Manual to understand your energy expenditure
 - You are aware of where your boundaries are leaky and you're consciously looking to recognize (and correct) them so you feel confident in protecting your energy
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STREAMLINE

- You have begun SOP creation to organize your operational systems
- You have solidified your Discovery Call and Onboarding processes
- You have preferred calendar settings and communication patterns
- You have set up your social media profiles (name, bio, hashtags)
- You have repurposed infographics for your own use (patient education, lectures, videos, social media)
- You keep a list and started working on charting efficiencies and templates
- You have filmed a few Loom videos to increase efficiency of your systems
- OPTIONAL: You created your first mini-course to sell as standalone



AMPLIFY

- You have started unrolling Group Visits (or set a deadline later in the calendar year to revisit this idea as your needs change)
- You have curated enough duties for a job description to hire a Virtual Assistant (and continued expanding your SOP library)
- You have developed a tiered Membership Offering and solidified your onboarding
- You have committed to a price structure with list of value-driven benefits in each tier
- You have started posting consistently on Social Media (using scheduling app)

PARADE

- You have started asking for Testimonials (via Google form, Google review, or video)
- You've explored affiliate relationships to augment your reach
- You have an idea about a fulfilling professional goal you'd like to work towards (public speaking, podcast, book publishing, etc)
- You are considering hosting an Expo or live event (virtual or in-person)
- You have developed a loyalty program to help improve patient retention
- You're an expert at prioritizing important decisions using the Catalyst scoring calculator

Pause + Reflect

- What are you most proud of since starting this journey?
- What has surprised you about the kind of leader you're becoming?
- What do you now know is *non-negotiable* for your wellbeing?
- Check [your Catalyst Score](#) to see if you need to revisit a few areas

Honor this moment. You've evolved in ways a checklist can't capture.



📧 Let's Keep the Momentum Going

If this journey has changed your practice—or your life—we'd love to hear about it.

☀️ [Leave a testimonial here](#)

Your words help future Catalysts feel confident saying YES to themselves.

🎁 Share the Spark, Earn Rewards

Want to support other colleagues on their journey *and* earn while you do it? **Join our Catalyst Affiliate Program** ([full details here](#)). We'd love to welcome your friends, peers, and visionary colleagues to the movement.

CATALYST STUDIO

AFFILIATE PROGRAM

Help practitioners discover their **unique** healing style and deliver **efficient, transformative** care without burnout
... **The Catalyst Way™**

You're eligible if you:

- ☑️ are an Active, Simmering, or Alumni Catalyst™
- ☑️ have submitted a written or video testimonial

Flowchart:

- Talk to your colleagues
- They mention your **HELLO MY NAME IS Full Name**
- They **enroll** in mentorship
- You receive **\$\$\$**

Get started:

1. Complete your [testimonial here](#)
2. Talk to your colleagues
3. Once your colleague enrolls, you'll receive a check in the mail within 30 days

[FULL DETAILS](#)



One Last Thing

Whether you're still deep in the building phase, or already waving from the Parade float—

you're a Catalyst now. Forever.

Thank you for walking this road with me.

Keep creating boldly and most of all-- **keep coloring outside the lines.**

With lots of love,



Lara