

A photograph of a person's back and shoulder being massaged by a therapist. The therapist's hands are visible, one resting on the shoulder and the other on the back. The background is a soft, out-of-focus light color.

# 5 SIMPLE THINGS SUCCESSFUL MASSAGE THERAPISTS DO EVERYDAY

**A DAILY GUIDE TO  
STAY ON THE PATH OF  
GREATNESS!**

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# HERE'S THE LIST



01

## Know Your Numbers

Take a look at your daily revenue and get an understanding of your sales trends. What's working best? If a service is not selling, get rid of it.

02

## Business Basics

You already know massage, now learn business. Whether you are a solo practitioner, employee or business owner, take time everyday to understand the basics of how it all works. This makes you productive and a valuable asset.

03

## Stick with Winners

Connecting with experienced & successful massage therapists is critical. They are happy to share knowledge and winning strategies. P.S. Be coachable, no reservations.

04

## Practice Gratitude

Be thankful for the people that have helped you grow. Make a list of names and send them a thank you note. You don't know what hurdles they jumped to make sure you got the help you needed. They saw your potential.

05

## Let it Flow Daily

Do something that fosters creativity everyday. Paint, meditate, do yoga, color, or shoot photography. You decide. This will help you stay grounded and focused. It can inspire mindfulness and help stop projecting attitudes of frustration and negativity towards your team & your boss. (That's YOU if you're self employed!)

These are just some of the things we focus on at Rejuvenate Wellness Center. We hope you find them helpful! Let us know how we can help you get to where you want to be! [advancedmassageseminars.com](http://advancedmassageseminars.com)