



### **Opening Your Practice on a Limited Budget**

To get your practice up and running on a limited budget follow the following tips:

Work from home. This saves you on office rental space and childcare.

Coach your clients by phone. It is standard coaching procedure for your client's phone you for their sessions so you save on long distance.

Change your family phone line answering machine to a business message. Do not let your kids answer the phone!!

Another option is an Internet phone. Internet phones are very inexpensive. You will need a good long distance plan to call back potential clients so keep that in mind.

Google Voice is another option.

If you would like a 1-800 number for potential clients to phone you, go to [www.GotVMail.com](http://www.GotVMail.com) for the rate of \$10.00/month.

Get a good website as this will save you in printed materials. Square Space is excellent and it is the site LSN uses. You can design it yourself or have a professional design it for you.

Send your client agreement and welcome packet (located in the student center) by email to save on printed materials.

Save on bank fees by having a Paypal ([www.paypal.com](http://www.paypal.com)) account that will allow you to use your business name and yet you will be able to transfer the money into your personal account allowing you to save on business banking fees.

Create a business name that can grow with you. This will save you on business card fees when you decide to add a book or seminar.

To advertise online, use [www.live.com](http://www.live.com) and other search engines that are significantly cheaper to use than [www.google.com](http://www.google.com). You will still have people looking at your site, but you will not have the competition that drives up your cost.

Read all the resources and information that are available to you in the student center. This will help give you ideas about how to create the company you want on the budget you currently have.

Ask your mentor for ideas. After all, they are here to help you.