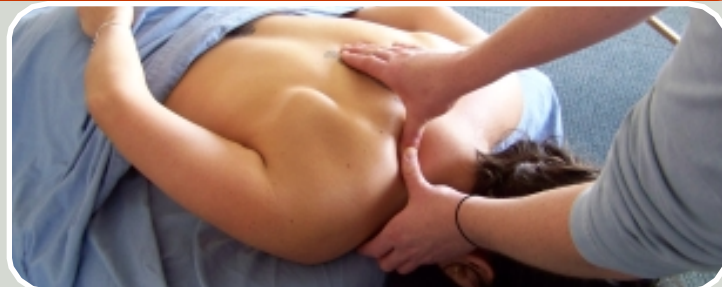


MOUNTAINHEART ***SCHOOL OF BODYWORK***

31 Things You Can Do TODAY To Become A Massage Therapist



BECOME A MASSAGE THERAPIST NOW !!!

IT'S ONE OF THE MOST IMPORTANT STEPS YOU'LL EVER TAKE!

Let us help you get into the flow & see beyond the doubt, hesitation & fear!

- Always stop, take a deep breath, smile & get positive!
- Go to our web site & read the "Stress & Your Choices" page under "Student Info"!
- Imagine yourself giving someone a great massage & they show you much appreciation!
- Imagine yourself being in class in our beautiful town high in the mountains & being delighted at all that you are learning & having a great time!
- Imagine doing work that you love & that your clients love receiving!
- Imagine creating a lifestyle that you really enjoy!
- Imagine having skills & techniques that help people release stress, tension AND enhance their lives on all levels!
- Ask 5 people if they would enjoy getting a therapeutic massage today.
- Ask 5 people if they have any discomfort or pain in their body that could be helped by massage or bodywork.
- Ask 5 people if they have stress that they would like to let go of.
- Ask 5 people if they have worries or upsets that they would like to feel better about.
- Ask 5 people what it would be like for them if they really loved their work.
- Remember how you have put things off in the past & then wished that you had just gone for it.
- Turn off the TV, radio, computer, cell phone, iPod & all news sources & listen to your Heart!
- Make a list of all the ways your life will improve as a Massage Therapist.
- Make a list of all the reasons that you aren't in school yet & see them as steps, not stops. Then get positive & creative. Find ways to bypass or overcome every step NOW!
- Remember how good it feels when you are motivated & moving forward!
- Every day look in the mirror and say, "I am awesome & I can make it happen!"
- Tell at least 5 supportive people that you can do it!
- Find the most positive person you know & spend some time with them.
- Understand how giving, helping & serving creates a life of joy & positive results.
- Contact at least 1 person who knows what it is like to improve their life & ask them for advice &/ or support.
- Contact at least 1 person who will support you in going for your dreams.
- Contact at least 1 person who can help you in some way with your finances!
- Visit our website & read the Graduate quotes there.
- Visit our website & visit the Crested Butte links there.
- Visit our website, print an application. Fill it out & send it in!
- Call, e-mail or text us at MountainHeart today & set up a tour.
- Call, e-mail or text us at MountainHeart today & set up a phone conversation.
- Call, e-mail or text us at MountainHeart today to find out how to make school happen NOW!
- Print this page & use it!



Go For It !

