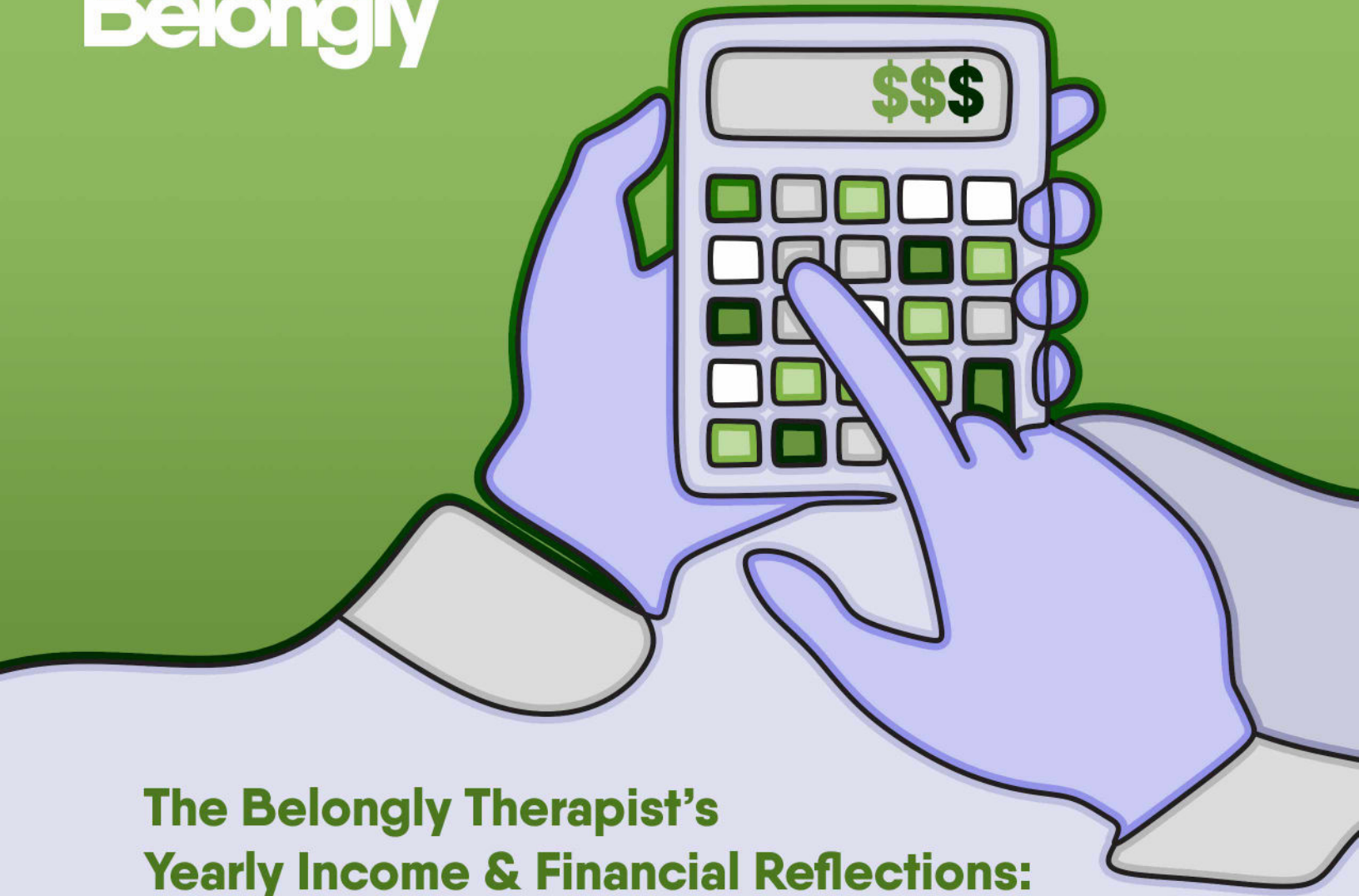


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**The Belongly Therapist's
Yearly Income & Financial Reflections:**

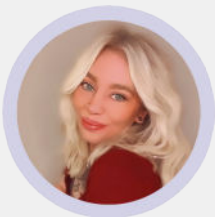
Unraveling Your Financial Story

**A Monthly Financial Wellness Checklist
for Therapists + Income Reflections Guide**



As therapists, you're wizards at untangling emotional knots and guiding others to wellness. But when it comes to the labyrinth of financial planning for your practice, even the most skilled can feel a bit lost. That's why we've crafted "Balancing the Books with Heart," a monthly financial wellness checklist made with love for therapists. Imagine ending a day of meaningful sessions and feeling equally empowered to tackle your financial tasks. This checklist is designed to do just that—turn a potentially overwhelming task into an approachable, even enjoyable, part of your month.

"Balancing the Books with Heart" isn't just about keeping your finances in check. It's a holistic approach, blending the practicality of financial management with the empathy and care YOU bring to your practice. It's tailored to make financial planning feel less like a chore and more like a part of your self-care routine, ensuring the sustainability and growth of your practice.



Danielle Rose (Dani) Allen, MSW CTRC (She/Her)

Dani Allen is the Clinical Outreach and Development Manager for [Belongly](#). At [Belongly](#) she is responsible for engaging in outreach and marketing efforts to establish collaborative alliances with mental health practitioners who can gain value from the Belongly community while supporting clinical referrals for therapists and facilitating networking connections. She offers specialized knowledge on mental health subjects and the requirements of therapists and creates valuable downloadable content and resources for existing and prospective members of the [Belongly Community](#).

Balancing the Books with Heart: A Monthly Financial Wellness Checklist for Therapists

Monthly Financial Wellness Checklist

Income Reflection:

- Count your therapy sessions and tally the income.
- Include workshops, speaking engagements, or other income sources.

Expense Check:

- Office rent or mortgage.
- Utilities, internet, phone expenses.
- Therapy materials and office supplies.
- Professional development and training costs.

Financial Self-Care:

- Review bank statements for insights.
- Assess your savings and emergency funds.
- Look into retirement plan contributions.

Billing and Client Accounts:

- Follow up on pending invoices.
- Review insurance claims.
- Address overdue client payments.

Growth and Development:

- Set aside funds for business growth.
- Identify new training opportunities or services to offer.

Personal Investment:

- Budget for your therapy and self-care.
- Invest in tools and resources for personal and professional growth.

Legal and Tax Organization:

- Keep financial records and receipts in order.
- Prepare for tax obligations.
- Schedule financial advisor or accountant meetings.

Setting Goals for the Upcoming Month:

- Define financial targets (savings, income).
- Plan personal and professional development goals.

Mindful Money Meditation:

- Celebrate your financial achievements.
- Reflect on areas for growth.
- Write about your relationship with money this past month.

The Belongly Therapist's Yearly Income Reflections: Unraveling Your Financial Story

In the heart of every therapist lies a storyteller, adept at unraveling the intricate tales of others. But when it comes to your own financial story, it's time to turn the page to a new chapter. "Yearly Income Reflections" is an annual income overview guide designed for therapists, offering a series of thoughtful prompts and questions instead of mere checklist boxes. This guide encourages you to delve deeper into your financial narrative, understanding not just the 'what' but the 'why' and 'how' of your yearly financial journey.

As therapists, your work is rich with introspection and insight. "Yearly Income Reflections" mirrors this approach, inviting you to engage with your finances in a way that is both analytical and reflective. This guide is not just about reviewing numbers; it's about forming a deeper connection with your financial decisions and their impact on your personal and professional life.

Income Reflection Guide

Income Exploration:

- What were your main sources of income this year? How did they evolve compared to the previous year?
- Reflect on any new income streams you developed. What inspired these changes?

Expenses Deep Dive:

- List your major expenses. Which were the most necessary? Which were the most rewarding?"
- How do your spending choices align with your values as a therapist?

Savings and Investments Reflection:

- Assess the growth of your savings. What strategies helped you achieve this?
- Reflect on your investment choices. How do they align with your long-term goals?

Tax Narrative:

- Describe your approach to managing taxes this year. What lessons did you learn?
- How do tax considerations influence your financial planning?

Client Relationship Insights:

- How has your client base changed this year? What do these changes say about your practice's growth and direction?
- What have you learned about your professional preferences through these shifts?

Professional Growth Story:

- Identify the key milestones in your professional development this year. How have they contributed to your practice?
- Reflect on the learning experiences that have shaped your therapeutic approach.

Future Planning Vision:


- Envision your financial goals for the next year. What steps are needed to achieve them?
- What personal and professional aspirations do you have, and how can your financial planning support them?

Year-End Reflections:


- Looking back, what were the most significant financial successes and challenges of the year?
- How has your relationship with money evolved over this year, and what insights have you gained for the future?

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**Client Clarity Compass:
Navigating Ideal Clients & Turning Clients Away**



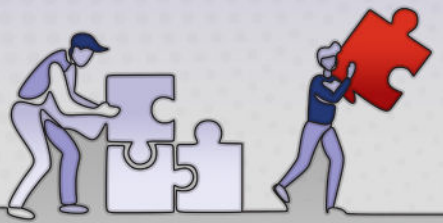
Revitalize and Thrive:
The Belongly Therapist's Guide to Beating Burnout



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The Belongly Therapist's Handbook to Conquering Compliance



Included In This Handbook:
Understanding the Archetypes of Noncompliance
Strategy Planning: Mapping the Optimal Compliance Route

Therapy Unleashed: Guide to Freelancing in the Mental Health Field



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**HIPAA 2023
Policy Change**


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Waitlist Woes? Meet Your New Best Friend: The Ultimate Client Waitlist Template



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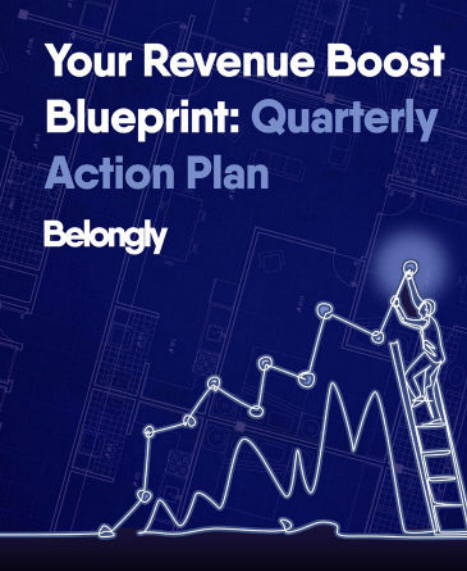


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