

Grateful but never content

So, on a scale of 1 to 10, 10 being the highest level, how satisfied are you with your massage practice? How content are you with the level of impact you're having with your massage clients?

How satisfied are you with the income you're making as a massage therapist? How much fulfillment do you get from your work as a bodyworker? Is there something else you would rather be doing? Is massage your endgame, or are you working toward something else?

These are important questions that only you can answer.

Here are my observations about those people who continually raise the bar and expand their professional capabilities and ultimately their impact on their clients. These people are happy in their work, they are grateful for the impact they're having with their clients, but there is at the same time a level of discontent. They are not fully satisfied with the results. They want more skills and more impact, and they are willing to put in the effort to develop their skill set. There is this underlying belief or philosophy that says, "I have not reached a level where I have nothing more to learn."

They are on a journey of self-development that they do not expect will ever end.

I can tell you that after 33 years in the profession, I have never stopped wanting to get better and better at what I do.

- Better at spotting who I can help and who I can't.
- Better at setting expectations for the clients.
- Better at explaining the condition to the client.
- Better at spotting the cause of the client's problems.
- Better at setting up the treatment program.
- Better at transferring confidence to the client.

- Better at treating various conditions.

I am grateful and thankful for where I am, and I give myself due credit, but I am not satisfied.

I'm not content to say this is as good as it gets. My personal belief is that I will never stop growing and learning. This is what gets me out of bed in the morning. I can't wait to get to work and continue to raise the bar for my clients. I can't wait to see what I will learn today. I can't wait to see what different distinctions I will make today. This is a key mindset skill, "**grateful but never content.**"