



# Your Esthetics Path Starter Sheet

A 7-day reset to get clear, confident, and moving forward (even if you're still deciding)

One

- Clarify your 2026 focus + what you want to be known for
- Practice a simple consultation script that builds confidence fast
- Take a real next step in 7 days (without overwhelm)

*From The Euro Institute of Skin Care — where passion meets profession.*

*A simple 7-day guide to help you start strong, get clear, and take real next steps.*

## 1. Your 2026 Focus

My focus word: \_\_\_\_\_

Why this matters to me: \_\_\_\_\_

My 3 weekly commitments (keep them small):

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## 2. Your Signature-in-Progress

You don't need to be perfect — you need direction.

I'm drawn to working with: (circle one)

Acne • Aging • Sensitive/Barrier • Hyperpigmentation • Wellness/Relaxation

• Other: \_\_\_\_\_ ----

I want clients to feel: (pick 2–3)

Calm • Confident • Seen • Educated • Renewed • Empowered



### 3. The 3-Step Consultation Script (practice out loud)

Fill in the blanks, then say it until it feels natural:

1. What I'm noticing: "I'm noticing \_\_\_\_\_."

2. What it usually means: "That often means \_\_\_\_\_."

3. The plan I recommend: "Today we'll \_\_\_\_\_."

And to support this between visits, I recommend \_\_\_\_\_."



## 4. Build Your Mini Portfolio (fast)

This week, capture 3 client stories (practice models count):

- Client Story #1: concern → what you did → result/feedback

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- Client Story #2: concern → what you did → result/feedback

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- Client Story #3: concern → what you did → result/feedback

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## 5. Your 7-Day “Start Strong” Plan

Check off 1 per day:

- ☐ Day 1: Choose your focus word + 3 weekly commitments
- ☐ Day 2: Watch/read one learning resource (30 min)
- ☐ Day 3: Practice consultation script 3 times out loud
- ☐ Day 4: Create your first “client story” (notes + photo if allowed)
- ☐ Day 5: Research career paths + pick 1 to explore deeper
- ☐ Day 6: Map your schedule (how will school fit your life?)
- ☐ Day 7: Take a real next step (tour / info session / advisor questions)





# Your Career Doesn't Need to Be Perfect —It Needs to Be Built

If you've been waiting to feel "ready," let this be your reminder:  
You don't become confident then take action. You take action—  
and confidence meets you there.

Start simple. Stay consistent. Build your signature. We're here to  
support your growth every step of the way.

Ready to explore your path in esthetics?

Visit our [Admissions page](#), [schedule a tour](#), or [book an information session](#).

Stay close and check back often—this year is about better support,  
better results, and more growth.

[The Euro Institute of Skin Care](#)

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