

FIRST-YEAR ESTHETICIAN CHECKLIST

A simple guide to staying focused, consistent, and confident.

◆ Foundation (First 90 Days)

- Follow a consistent treatment structure
- Focus on completing each step with care
- Practice client communication
- Ask questions and seek feedback

◆ Building Confidence (Months 3–6)

- Improve timing and flow
- Begin recognizing patterns in the skin
- Feel more comfortable during consultations
- Make small adjustments within treatments

◆ Developing Consistency (Months 6–12)

- Create a repeatable treatment approach
- Build stronger client relationships
- Focus on consistency in results
- Continue learning and refining skills

◆ Client Experience

- Greet each client with confidence
- Listen carefully during consultations
- Create a calm, comfortable environment
- Provide clear homecare guidance

◆ Professional Growth

- Stay consistent in your schedule
- Be patient with your progress
- Continue your education
- Focus on improvement—not perfection

◆ Mindset

- Progress takes time
- Confidence comes through experience
- Small improvements matter
- Stay consistent and trust the process