



Wear it on a Tuesday...

Money

Don't risk your family's safety or security: Live within your means!

Wealth = Amount Saved x Length of Time Saved x Average Rate of Return

Understand the significance of the Rule of 72. Save early!

Annually update a personal financial statement and establish an emergency fund.

Family

Invest time in loved ones.

Write your will! (Who gets your stuff? Who cares for your kids?)

Create a notebook to centralize important information. Share it with your family!

Have "The Talk" with your parents to identify your role in Elder Care.

Stress Management

Identify a "happy place" or focus on a peaceful image and employ deep breathing.

Express gratitude daily.

Have a daily plan with realistic goals.

Learn to seat patients on time.

Delegate appropriately.

Interrupt your hygienist – Use non-captive time for greater efficiency.

Avoid negative people, and (legally) dismiss abusive patients from your practice.

Get some fresh air, and improve your lighting (5500 Kelvin, natural daylight).

Consider Yoga and/or meditation.

Do something for pleasure. "Gift" yourself some personal time every day.

Take a walk and get some exercise.

Ask for help.

Learn to accept change.

Life

Be grateful – Count your blessings.

Choose your attitude and eliminate your “stinkin’ thinkin’.”

Savor life’s beauty.

Practice acts of kindness, share a smile, and be kind to yourself.

Laugh more. Sleep more.

Stay connected. Isolation is devastating to the human soul.

Learn to say “No.”

Simplify your life, and make the most of what you have.

Use the “good stuff!”

Learn to forgive.

Let go of the past. It’s past, and you can’t change it. Dump the baggage!

Don’t worry about who gets the credit. Do your part anyway.

Thank your mentors, and celebrate your successes.

“Wear it on a Tuesday...” Every day is special. Start living like it!

Homework Assignments:

Identify ways to save \$20/week to fund a Roth IRA and build an emergency fund.

Plan a family outing. Post pictures on your fridge to build excitement!

Assemble important information in a 3-ring binder to inform your loved ones.

Make a “date” with your parents to discuss your role in their future care.

Have a team meeting to discuss abusive patients and legally dismiss them.

Write notes of thanks to your mentors.

Write positive thoughts on Sticky Notes and post them where you can see them.

Additional Resources:

Archived practice management blogs and books that provide greater detail of this presentation can be found at www.kerrspeak.com.

Contact me at wayne@kerrspeak.com.

Thanks so much for sharing this time together! May you reduce the stress in your practice and life, take the steps needed to protect your loved ones, find ways to enjoy life to the fullest, and remember that every day is special! All the best!