



Life Is Meant To Be Lived!

I've been working with dentists and their staffs for many years. I've met them by the thousands. I've stayed in their offices and their homes and spent time with them and their families. Personal observation has shown me there are two main groups.

The minority group appears to have their priorities straight, balancing work and leisure activities. These individuals seem to be more fulfilled as they have learned the art of managing their lives. They get the job done efficiently and well and still have time for their family and personal growth. They have their lives working inside of and outside their careers.

On the other hand, there are those who frantically move from task to task with little enjoyment. They specialize in completing tasks - task after task after task. At the end of the day they are worn out, exhausted and sometimes further behind. They tend to postpone enjoying life until they have completed all the jobs. They may or may not be materially successful. They work hard and they do good dentistry, but are missing out on the other side of life. Their life is similar to "the squirrel in the cage."

Here's the bad news. No one can possibly get "everything" done today. Most dentists and their staffs could find something to do 24 hours a day, 7 days a week. Why are some invigorated and some exhausted? Let's look at some of the things that make the difference.

1. Not everything is Priority #1 or even deserves attention. Effective use of time dictates that your success may well depend on what you decide not to do. Decide in advance what's important to you and establish priorities by asking yourself, "If this weren't done, would it make a big difference in my life?" What do we currently do that makes no difference? What are the procedures that I hate to do, but do anyway. Just by referring out the procedures that give you the most stress, you will find that life just works better.
2. Know and practice your core values. Knowing what values are most important to you can keep you focused on what needs to be done. Fundamental core values include freedom, health, creativity, peace, love, wisdom, happiness, service to others and so forth. Answering these questions can help determine your core values.
 - What three activities are most important to you?
 - What three endeavors give you the most enjoyment?
 - What three things would you change about your life, if you could? (Realize that 99% of the time it's possible to have life the way you want it. You merely have to remove the barriers that you have constructed.)
 - What values would you most like to see associated with your reputation?
 - What five things do you want to accomplish in life?
 - When you pass on, what do you hope that others will say about you?



3. Learn to say "No" to demands on you or your time. Trying to do too much, or to please too many people leads to anger, frustration, and ineffective productivity. Most people - and dentists may be at the top of the list - want to be liked. Very successful people have figured out that it's far better to be respected than liked. Interestingly, the more you are respected, the better you will be liked. To be respected (and liked) and to control your time, you must learn to say "No." Rather than dedicating yourself to trying to be everything for everyone, pick the things that mean the most to you. To other demands or projects, say "NO" firmly and politely and start to really enjoy life.
4. Give up the need for perfection. Continually strive for progress and know that for mankind, perfection does not exist. Learn to do your best and accept the results. Striving for perfection creates anxiety, guilt, frustration and martyrdom. You become irritable and hard to live with. Perfection stops people from trying new things for fear of not being perfect. If you are a perfectionist boss, you'll drive the mortals nuts. You end up doing things yourself, because no one can do them the way you can. I sincerely believe that is true. They probably wouldn't do it the way you do; they'd probably do many things better if only given the chance and some encouragement and proper training.
5. When the workday is over, leave your work at work. When the workday begins, don't bring the home to your work. When the workday is over, it's over. When you are home, be there. Likewise, when at work, focus your full attention on your duties. Successful individuals learn to focus their daily activities, living each hour with full attention on the task or pleasure at hand.

Start by deciding how you want your life to be. Start to enjoy it now. Don't wait until you retire, have enough money, have enough time, etc. Relax. Plan your life. Your profession should support your personal growth, development and peace of mind. You should arrange your profession to fit your life, not arrange your life to fit your job. By doing that which is important and adds value to your life, you can start to look forward to going to the office to fulfill your professional goals and aspirations then have the time you desire for your family and other areas you wish to pursue. We have a great opportunity to be leaders in our communities, but only if we have our lives in order. Start getting your life in balance now. Don't wait until late in life to discover that "life is meant to be lived."

If you want to have a practice that will allow you to enjoy all aspects of live your life to the fullest, with the best guidance possible from people who have been on the inside of successful businesses and dental practices, pick up the phone and call us today at 888-216-5249. Our clients have proven over and over again that that by working with us it's possible to enjoy the full potential of your practice and enjoy all that life has to offer outside of dentistry as well. Decide what's really important and start taking action. You owe it to yourself, your family and your staff to be as expert in leading your practice as you are in your technical dentistry.

Why re-invent the wheel? The most valuable asset we all have is time. Knowing what to do now will literally enable you to start now to enjoy the life you're putting off until later. Why wait? Call today to find out what's possible for you! We look forward to hearing from you. The call is FREE. That's 1-888-216-5249.