



What Matters Most

Money

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

Establish an emergency fund.

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

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

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.

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

Stress Management

Express gratitude daily.

Have a daily plan with realistic goals.

Delegate responsibility.

Learn to seat patients on time!

Dismiss abusive patients from your practice (legally)!

Take an hourly break.

Manage your Social Media time appropriately.

Improve your lighting (5500 Kelvin, natural daylight)

Consider Yoga and/or meditation.

Take a walk.

Avoid negative people.

Get some exercise.

Smile

Ask for help.

Learn to accept change.

Life

Choose Your Attitude
Eliminate Your Stinkin' Thinkin'
Be Grateful – Count Your Blessings
Savor Life's Beauty
Practice Acts of Kindness
Be Kind to Yourself
Develop Coping Strategies
Learn to Forgive
Keep Things in Perspective
Thank Your Mentors
Celebrate Success!

Homework Assignments:

Identify ways to save \$20/week to fund a Roth IRA.
Plan a family outing this year. Post pictures on your fridge to build excitement!
Assemble important information in a 3-ring binder for 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 down "stuff" that you should let go and trash those notes.
Write notes of thanks to your mentors.
Post 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 Dr. Kerr: 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, and find ways to enjoy life to the fullest each day! All the best!

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