



When Life Needs a Sticky Note...

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!

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 with your family!

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!

Avoid negative people.

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 and get some exercise.

Ask for help.

Learn to accept change.

Life

Be grateful – Count your blessings.

Choose your attitude.

Eliminate your “stinkin’ thinkin’.”

Share a smile.

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 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 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!