

Daily Success Ritual

Date: _____

Morning

- Did I read my daily affirmations?
- Did I eat a nutritious breakfast
- Did I arrive to my office 30min before patients?
- Did I read my business plan and goals for the year?
- Did I Visualize my day and write down the highlights?
- Did I Breathe?
- Did I read and return all important email and phone calls?
- Did I write my 5 top priorities for the day?
- Did I write 3 personal notes?
- Did I Doug prepare all 2nd Days?
- Did I do a schedule huddle?

During the Day

- Did I have at least 1 H.R. conversation?
- Did I have a referral conversation to at least 3 patients?
- Did I start 3 new patients?
- Did I see 60+ visits?
- Did I use the 4 D's of Completion?
- Did I eat a healthy energizing lunch?
- Did I run on time with each patient visit (4min)?
- Did I perform each visit with PTC?
- Did I drink 3 liters of water with greens?

Evening

- Did I review my stats for the day?
- Did I exercise for 20min?
- Did I call my Dr. Call list?
- Did I read for 30 min.?
- Did I appreciate Toni and let her know I love her?

Five Most Important Tasks Today:

Date:

(rule of 5)

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2	<input type="checkbox"/>		<input type="checkbox"/>
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Visualization Highlights:

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Notes: