

How Successful Are You?

TAKE A NEW KIND OF TEST

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There are many ways to judge success. The most often considered (and least accurate) is based on money.

- How much do you make?
- How much do you have?
- How much can you buy?

But, as we all know, it all gets spent or passed on in the end.

Another typical measure of success is position:

- What job do you have?
- What is your title?
- How many people report to you?
- What is your standing in the community?

Your standing or position will also fade. You might get fired, leave for another position, or stay until you retire. Eventually, you'll be out of the position and, at best, hold an honorary title. Even our most powerful political figures step down to the title "former president."

Ultimately, you are who you are, regardless of how others perceive you.

So how do we rate ourselves? How do we accurately judge the real people we are?

There is another way that you might want to consider. It is a "test" of sorts that may say more about you than anything else you do. Here it is:

How many times each day do you say, "I love you"?

Think about it for a moment. ...

True, you can show your love through your actions, whether with patients, friends or family, but why not also say it?

If you're ready, take the test for yourself:

How many times in the last 24 hours did you audibly say, "I love you"?

Think hard. Do you say it often to a special someone? Or are there many people you say it to each day? Either way, count the number and see where you fall:

Not Once in the Last Day -- This is sad. Married people still need to tell their spouses that they love them. If you have people you should be saying it to, start telling them. If you don't, it's time you began sharing yourself with others.

1-3 Times -- This is probably typical. You tell your spouse and children, but what about other relatives? And what about those friends who have been with you through the tough times? Shouldn't they hear your feelings too?

4-6 Times -- Much better. You have made an effort to share your love with those around you. Are there others you should tell?

More than 6 Times -- Wow. You've either just fallen madly in love, or you really know how to share your love with others.

It may sound silly, but love is truly the only thing that lasts. It impacts people for years, even generations. Love not only encourages people to reach higher, but the giver is also blessed by the giving.

This is why so many of chiropractic's leaders have included the power of love in their instruction to DCs and students. They understand that being a successful healer requires an element of love. Nothing heals like love.

As a chiropractor, you probably already know this. But do you practice it?

Think about your next 24 hours. Can you put more love into them?

Yes, it may seem awkward at first, but try it and see what the response is. You'll like what you get in return.

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