

Chiropractic ECONOMICS

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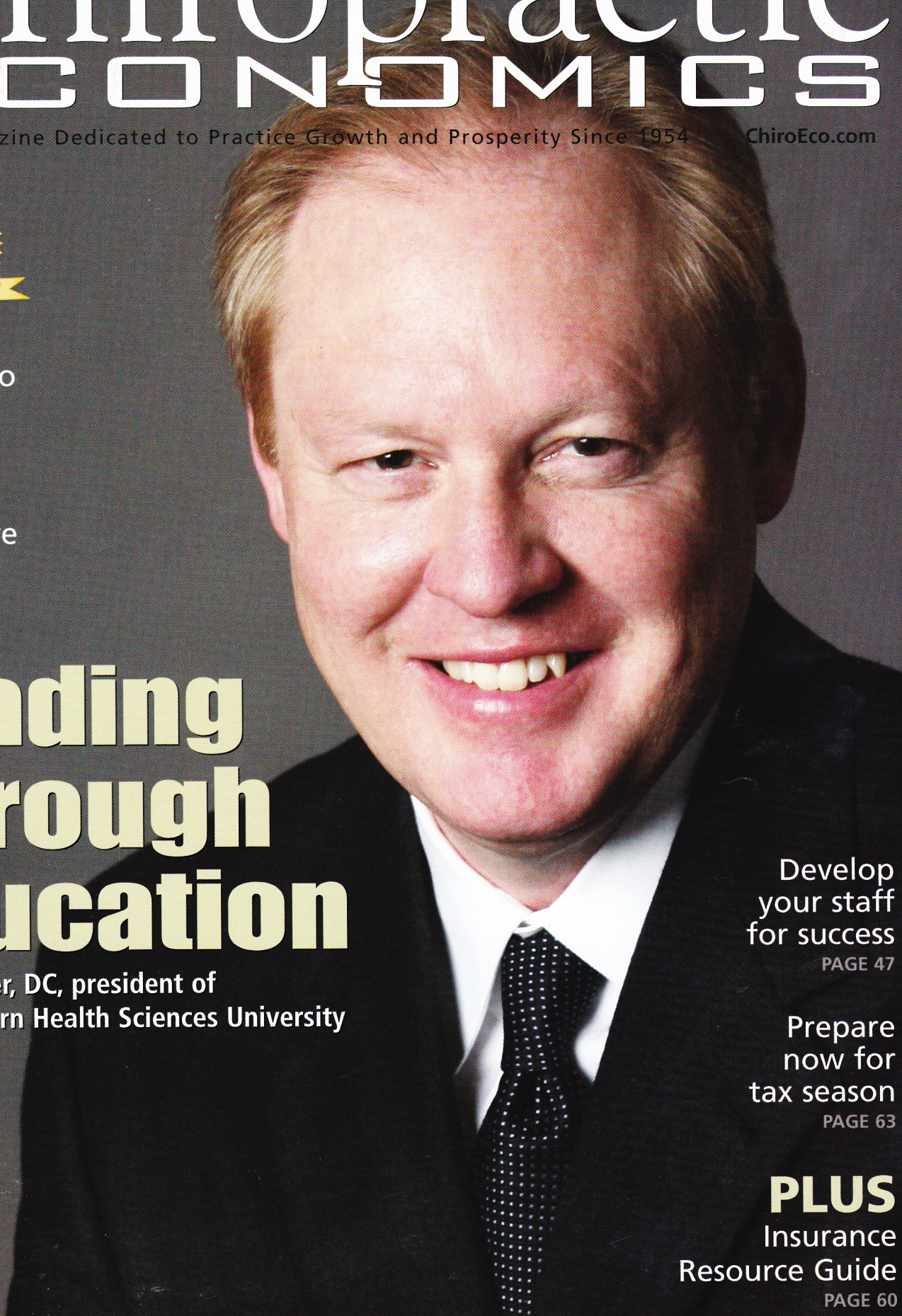
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Balance works if you're a scale

How to live in fulfillment and stop reaching for balance

By Monica Wofford, CSP

Have you ever said “There are just not enough hours in a day” or “I wish I could find some balance in my work and personal life”?

If you have more than one thing to do in a day, you've likely said these words.

We live in a world where it's not uncommon for tasks and to-dos to pile up. We've even made it somewhat of a sport to brag about how busy we are with such sayings as “running around like a chicken with no head.” When we do complain about our busy state, we also usually whine about a need for balance.

The real need, however, is for fulfillment and happiness.

In today's society, unless you *are* a scale, the concept of balance does not apply to you. However, the concept of fulfillment does. In other words, the notion of balancing life and work is false.

In order to balance loosely, you must divide a finite quantity of something into equal parts. If this were as easy as it sounds, we would spend as much time with our kids as we do at the office or spend as much time working out as we do working out office issues.

Although the national average indicates families spend as much as 12 minutes of quality time a day with their children and less than that working out, the goal is not to suddenly spend eight hours at work and eight hours reading to your children on the same day.

Try to set a more realistic goal for yourself — one that you can feasibly obtain.

Remembering some key fulfillment factors can help.

Are you doing what you love?

Chiropractic is booming, and most DCs love what they do. But do you? If you bound out of bed each morning eager to serve patients and staff and make a difference in the world, chances are you work longer than most, harder than some, and none of it feels like work.

If you are getting that much joy out of what you do, the key might then be to figure out how to get that much fulfillment at home.

Are you a workaholic?

“All work and no play make Jack, or Jane, dull.” Doing what you love 24/7 can and will lead to burnout, no matter how much you love what you're doing.

We all need downtime and a chance to relax. Work together with those at home to help you create boundaries and schedule your time so you still find your work fulfilling, and keep your personal fulfillment level in check.

Are you making progress?

If you look at a scale when it is perfectly in balance, it is absolutely still. As human beings and professionals, we're not designed to be absolutely still.

If you were stagnant all the time you wouldn't make progress or move forward.

For example: When you were in chiropractic school, your social life was likely less of a priority. If you are married, remember when you were dating? During that time, your work life was likely not the big priority.

Life is full of out-of-balance moments. Our incessant need to balance things and get them back to a state of equilibrium seems out of alignment with the human need to go forward and continue to improve.

Instead of reaching for balance, go for fulfillment. Are you and those you live, love, work, and hang out with getting what you both need from the time you are spending together?

If the answer is yes, then you've reached a more valuable pinnacle of success than mere balance. If the answer is no, begin to assess your “fulfillment efficiency ratio.”

How efficient and effective are you at fulfilling the needs around you — yours, your family's, and your patients'?

Stop bullying yourself into a completely balanced state. Instead, focus on finding fulfillment.

You'll be amazed at how much it will feel as if things have “balanced” out. ☺



Monica Wofford, CSP, is the CEO of Contagious Companies and a nationally known trainer, speaker, coach, and author of *Contagious Leadership* and *Contagious Chiropractic Customer Service*. She can be reached at 866-382-0121 or info@monicawofford.com.