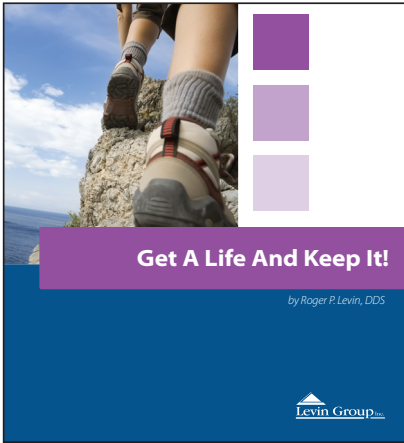


EXCERPT

From Dr. Levin's Book **Get A Life And Keep It!**



Life is a series of challenges, especially when we deal with people, and those challenges can only be overcome by meeting them head on and finding proactive solutions.

Roger P. Levin, DDS

Chairman & CEO
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Why Should You Get Out of Bed?

It's time to make your life richer, fuller, happier, more balanced and more meaningful. Now, you can finally achieve the right balance between work and recreation with this invaluable book from Dr. Roger Levin.

Introduction

Why Should You Get Out of Bed?

I'll tell you why. Because you have a great life and you can't wait to start a new day. You're a dentist, and you're part of one of the greatest professions in the world. You love helping people achieve optimal oral health... you have an amazing team... and you're compensated well for your efforts.

Does this sound like your answer?

If not, you're the person I wrote this book for.

If your life is constantly brimming with activity that isn't improving your quality of life, then it is time to re-evaluate. For example, is your attitude positive enough? Leaders lead by example, and a dental team is always watching the doctor. If your outlook is not positive, you will find it difficult to motivate others and many won't find you believable or persuasive. Enthusiasm and great attitudes equal credibility in the minds of others. If you want people to trust you, you will need to display an astonishing level of enthusiasm through an extremely positive attitude.

Life is a series of challenges, especially when we deal with people, and those challenges can only be overcome by meeting them head on and finding proactive solutions. Yes, every dentist is a problem-solver and I am not referring only to dental diagnosis. We have to find the best ways to educate and motivate our teams. We have to relate to an incredible array of patient personalities, socioeconomic backgrounds, financial considerations, tolerance levels, etc. We have to relate to just about anybody and everybody.

One step in developing an outstanding attitude is to decide that you will no longer let others affect your outlook. The truth is that only you can make you angry. When you hear someone say, "She made me mad," it is not true. What that person is saying is that "I allowed her to make me mad" or "I allowed her to completely affect my mood, ruin my day, upset me, stress me, raise my blood pressure, and then I got mad." No one makes you mad except you. No one controls your mood, your attitude, or your future but you.

Continued On Back

Unfortunately, trying to predict your future can be a tricky business. Twenty years ago, if someone had asked you to predict what your life would be like today, what would you have said? Could or would you have predicted all of the pressures and conflicts you now face as a dentist? This survival guide is intended to help make your life richer, fuller, happier, more balanced and more meaningful. And isn't that what we all want out of our lives?

Isn't that why we get out of bed?

Looking From the Here and Now Into the Future

How do you view the time you spend in the dental practice? Do you enjoy what you do? Or does the stress seem overwhelming at times? Are there times when your family life suffers due to what happens at the practice? What about your leisure time? Your physical and mental health? And when was the last time you could honestly say you did anything really, really fun?

Due to the many pressures of operating a successful practice, you probably have days when achieving the right balance between work and recreation seems like a remote possibility, rather than an everyday reality. "Looking From the Here and Now Into the Future" exercises are designed to help you put some much needed distance between where you are right now and where you are headed. The purpose of these exercises is to help you realize what "balance" represents to you and how you can best achieve it. Nobody else can define balance for your life except you.

Think of the first exercise as a retrospective of your life. Set aside some time where you can be alone for this activity. Clear your head. Get away from the distractions of the telephone, the Internet and other people, and then see what comes to mind.

Exercise 1

Looking From the Here and Now Into the Future

Imagine that you are in your twilight years. Using an outsider's view, what kind of a life was it? In the spaces provided below, write how you would like people to remember you. What were your contributions? What impression of you would you like to leave the world?

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