



Leadership Emails

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Today...Choose to Be Extraordinary!

September 22 - October 13, 2022

Kevin's Leadership Emails are powerful explorations into personal development, both inside and outside of the practice.

Enjoy reviewing all this transformational, thought-provoking content.

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Then Let It Flow Out

It is my tradition to reserve the week after our Annual Doctor Retreat for focusing on filling myself back up after fully emptying myself out for that event. I protect this time as a commitment to everyone in the DST Universe: I want to do everything I can to be the best version of myself so I can serve you all with the care and energy you undoubtedly deserve.

This year was special for me because we conducted the event with the mountains of Big Sky, Montana as our backdrop. My soul is one with the mountains and I am at peace in their presence. I know the stunning surroundings gave me strength and helped me offer even more than I thought I could to those in attendance.

I shared a brand new presentation focused on Excellence, with an emphasis on measuring your effort each day as you discover how to give your very best in all aspects of life. I believe it was an impactful time of reflection based upon the abundant feedback I received. To everyone who joined me for that journey into Excellence, thank you.

To everyone who did not attend the retreat but knows someone who did, my hope is that you all will see and benefit from the positive momentum they created and brought back home with them. My hope is that goodness begets goodness and that a warm, rising tide lifts everyone's boat.

As I focus on my own retreat and fill back up again, I was blessed with a timely message from a friend who has a knack for showing up at the perfect time with the perfect words. And I would like to share those words with you.

I found this message from Eckhart Tolle to be a powerful reminder of how we can both be filled with abundance and create space for more to show up. I hope it speaks wisdom to you and I encourage you to allow the message to dance about your mind as you ponder all of the blessings you currently have.

"The source of all abundance is not outside you. It is part of who you are. However, start by acknowledging and recognizing abundance without. See the fullness of life all around you. The warmth of the sun on your skin, the display of magnificent flowers outside a florist's shop, biting into a succulent fruit, or getting soaked in an abundance of water falling from the sky. The fullness of life is there at every step.

The acknowledgment of that abundance that is all around you awakens the dormant abundance within. Then let it flow out. When you smile at a stranger, there is already a minute outflow of energy. You become a giver. Ask yourself often: 'What can I give here; how can I be of service to this person, this situation?' You don't need to own anything to be abundant, although if you feel abundant consistently things will almost certainly come to you. Abundance only comes to those who already have it."

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Bend...Don't Break

I am writing this message during the height of impact from Hurricane Ian. By living in Naples, FL we fully understand the risks that come with possibly being in the pathway of hurricanes each year. It is always an interesting experience being in tropical storms of all intensities.

The lesson I am reminded of is having the fortitude to withstand all the circumstances of life that come our way by bending and not breaking under the force and pressure of each occurrence.

As I peer out my office window, I see the grace and elegance of the palm trees as they withstand hurricane force winds by going with the storm and bending to allow the forces of destruction pass by, deflecting the impact of damage.

The palm trees bend to survive. It is a living example of resilience in the face of extreme pressure. The palm tree's ability to release the negative energy and bounce back to its original form is a natural phenomenon. I am now understanding the beauty and significance of their ability to persevere even in the most unfortunate circumstances.

I believe this destructive storm has supplied us with a reminder of our ability to choose how we respond to unwanted situations in life.

You can choose...

- To NOT allow a negative team member to take away your focus and effectiveness.
- To NOT allow a friend or family member to steal your joy by bringing you down or tearing you apart.
- To NOT allow a patient with a bad attitude or rude behavior to take away your smile and love for the patients who follow.

You can choose...

- To continue to be a bright light unto the world even in the midst of struggle and despair.
- To stand firm in your beliefs and withstand the naysayers because you believe to your core that you are on the path toward good outcomes in life.
- To remain in a state of joy and be grateful for all the goodness you have received in life even when the world around you may seem to be falling apart.

You have the choice today, and will continue to have the choice in the days to come, to bend and not break. Choose to be the place of strength for others to draw hope and inspiration from.

You can be that person...if you choose.

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As I wrap up this message, I am choosing to remain calm and confident our family will see this through to the other side where the sun will shine again and life will be as hopeful as it was before. As a man of faith, I believe God is with us and we will prevail stronger than before.

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The Way Of...

One of the most important lessons I learned in life was to question everything. The moment I began to think for myself and seek the “right” answer to all the matters of life, I found my discernment and critical thinking skills elevated to levels that led to me to making better choices in life, which led to experiencing more joy than at any point before. The time spent with my own thoughts was necessary for me to become my best every day.

Over the years I have shared many lists of questions I use to keep myself headed in the right direction on the narrow road of the way of life I choose to live. The different set of questions is meant to help stay focused and aware of where I am headed, especially when combined with the people I admire who are my guiding lights. I will spend more time on this subject next week.

In combination with asking yourself insightful questions, the linchpin to constant growth is to maintain your discipline to what it is you are committed to doing in order to achieve an objective you have identified as being important to you.

Jocko Willink wrote a brilliant book titled, *Discipline Equals Freedom Field Manual*. I want to share an excerpt with you to ponder today, and for days to come. In Willink’s introduction into his Field Manual, he sets the tone for what it takes to create a life feeling free. His words cut through the fog with conviction and passion. My hope is you will find as much value as I have in Willink’s words—they have aided my continued effort to live out my best life each and every day—may they support you in a similar way.

The Way of Discipline:

People look for the shortcut.

The Hack.

And if you came here looking for that: you won’t find it.

The shortcut is a lie.

The hack doesn’t get you there.

And if you want to take the easy road, it won’t take you where you want to be:

Stronger.

Smarter.

Faster.

Healthier.

Better.

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FREE.

To reach goals and overcome obstacles and become the best version of you possible will not happen by itself.

It will not happen cutting corners, taking shortcuts, or looking for the easy way.

THERE IS NO EASY WAY.

There is only hard work, late nights, early mornings, practice, rehearsal, repetition, study, sweat, blood, toil, frustration, and discipline.

DISCIPLINE.

THERE MUST BE DISCIPLINE.

Discipline: The root of all good qualities. The driver of daily execution. The core principle that overcomes laziness and lethargy and excuses. Discipline defeats the infinite excuses that say: Not today, not now, I need a rest, I will do it tomorrow.

What's the hack?

How do you become stronger, smarter, faster, healthier?

How do you become better?

How do you achieve true freedom?

There is only one way.

THE WAY OF DISCIPLINE.

Next week I will share a powerful set of questions from former Navy Seal Commander, Jocko Willink. Willink is most known for his no nonsense approach to life and his complete commitment to owning all of the outcomes in life he experiences. He wrote the book, *Extreme Ownership*, which is the single greatest book I have ever read when it comes to personal responsibility—especially when it comes to being a leader—which I believe we all are.

Next week's message will be dedicated to those questions we can use as a guide to ask ourselves how effective we are being at putting in the effort to make the world a better place each day!

Until then, stay disciplined with your pursuits in life!

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Question It All...

Last week I shared with you a powerful message from Jocko Willink titled, *The Way of Discipline*. I was impressed with the observations many of you shared in your responses to me.

I appreciate the spark this message lit inside of those who chose to ponder and apply an updated approach to their daily routines.

As promised, today I am sharing with you the list of questions Willink documents to help you determine how effective you are at being your BEST every day. Willink's way of weaving together different thought patterns is masterful: it helps us focus on the details as well as the broader visions of impact we have on the world around us.

The following summary of questions would be an interesting team-building guide for conducting meaningful conversation by creating an opportunity to get a glimpse into each other's souls...which will lead to building up your level of empathy and appreciation for each other. In the end, it is your choice to do something with the information or not. I encourage you to bring these questions to life. I promise, good things will come from spending time reflecting on YOU!

From Jocko Willink's *Discipline Equals Freedom Field Manual*:

QUESTION IT ALL...QUESTION YOURSELF

- Who am I?
- What have I learned?
- What have I created?
- What forward progress have I made?
- Who have I helped?
- What am I doing to improve myself, today, to get better, faster, stronger, healthier, smarter?
- Is this what I want to be...THIS?
- Is this all I've got...is this everything I can give?
- Is this going to be my life?
- Do I accept that?

Ask yourself those questions, those hard questions and then answer them, truthfully.

And realize that all of us...ALL OF US...can do better.

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We can be better.

And it starts when you begin to ask those questions.

So, ask the hard questions of yourself and find the path to progress and discipline and to freedom inside the answers.

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