

Practice Focus

July 2026

The Core Principles and Pillars of Ultimate Success

1. *Health Opportunity*

- The Game Plan to 3X Our Goal

2. *Pillars of Team Health*

- Check-ins
- Keeping the Culture
- Consistent Energy Resets
- Being People of Positivity

3. *Pillars of Practice Health*

- Our DST Routine: Daily, Weekly, Biweekly, Monthly

4. *Quarterly Health*

- 20% Reflection: Accountability
- 80% Future Casting: Execution

5. *Pillars of Patient Health*

- Treating Every Patient Like a New Patient Every Time
- Building the Big Picture
- 3 P's x 3
- Metrics That Matter

Action Plan

Health Opportunity

The Game Plan to 3X Our Goal

*Is our creation of Health Opportunity (at minimum)
3X our monthly goal for Scheduled Treatment?*

*If not, what's our game plan to get there?
If so, what's our game plan to reach a new goal?*

Action Plan

Team Health



Our Team Is Patient #1

Detail what “Level 10” looks like for each Pillar of Team Health:

Check-ins

Keeping the Culture

Action Plan

Team Health

Our Team Is Patient #1

Detail what “Level 10” looks like for each Pillar of Team Health:

Consistent Energy Resets

Being People of Positivity

Action Plan

Practice Health

Dialing In Our DST Routine

Are we training like “Life Athletes” and consistently integrating DST coaching into our routine?

Monday

Morning Huddle

Team: Inspiration for Health Creation

Tuesday

Success Memo

Doctor: Mindset As An Owner

Wednesday

Weekly Newsletter

Doctor: Business Strategy

Thursday

Leadership Training

Team: Personal Development

Friday

Practice Profit Report

Doctor: Life Prosperity

Monthly

PPA Podcast, Practice Focus, Monthly Momentum, Online Portal

Team: Individual Expansion and Collective Commitments

What does “Level 10” look like for training with DST resources?

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Action Plan

Quarterly Health

Quarterly Check-in

What does “Level 10” look like for our Quarterly Check-in?

Past
Reflection
20% of Our Meeting

Future
Vision Casting
80% of Our Meeting

Action Plan

Patient Health

Harnessing the Power of the Pillars of Health

What does “Level 10” look like for each?

Treating every patient like a new patient every time.

Building the big picture and creating health opportunity.

Action Plan

Patient Health

Harnessing the Power of the Pillars of Health

3 P's x 3
Problems, Prevention, Possibilities

3 P's x 3
Pictures, Proof, Pain

3 P's x 3
Preparation, Proactivity, Positivity

Action Plan

Patient Health

Metrics That Matter

EVERY team member has something to bring to the:

*Morning Huddle
End of Day Huddle
Weekly Check-in*

*What's the outline of our Monthly Tracking Meeting
amongst the leadership team?*

Write our top 3 commitments as a team, and every team member write 1 commitment that's their top priority this month.

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