

The Significance of Sunday

Team Champion Message:

I recently received a request to write an article for a group of doctors with the intention to guide them in their journey to be effective in their daily lives. After reviewing it I realized this message deserved to be shared with you as well. Your focus, clarity, confidence and satisfaction is important to me.

I believe this message will have a significant impact on those of you who are seeking more direction on your personal journey of being an extraordinary human being.

I am certain we all would agree there is a lot of noise in the world today that can be very distracting. Everyday we wake up knowing we have a team to lead and patients to help get healthy. It is easy to come to the end of the week and wonder where the time went. The current pace of the speed of life adds complexity when it comes to taking time for yourself to reflect. It is to the point we all must schedule it in to be certain we take the time.

This time for me is on Sunday morning. Sunday is sacred. I am committed to spending this time with my wife, Julie, having a cup of coffee while sitting on our lanai in Naples, FL. We discuss what happened during the week, what we look forward to in the coming week, and what significance came about through our interactions with others. This time is valuable beyond measure.

As I spend time alone in thought here are a handful of questions I ponder as I prepare myself for the next week to be certain I am staying on the right path as I continue on my mission in life.

#1 - What victories did I experience over the last week?

It is important to celebrate the great work you do. If you wait from someone else to pat you on the back you may be waiting for awhile.

#2 - What is a specific story from someone I had direct impact or influence?

My mission is to change people's lives. This question helps me stay focused on my mission, as it can be easy to simply "get things done" and forget the importance on having a real impact on at least one person.

#3 - What is my #1 priority for the coming week?

Identifying my #1 priority keeps me focused on defining how I will look back to say I had a productive week.

#4 - What is in my way from having an "ideal" week?

Identifying your biggest roadblock or challenge is critical to liberating yourself from making excuses about why objectives are not getting accomplished. Removing the resistance that exists will allow you to be more effective in your execution.

#5 - What am I looking forward to most in the coming week?

I believe it is important to have something to look forward to help me deal with the challenges that will show up throughout the week. Knowing I have something exciting on the horizon keeps me on the path up the mountain.

#6 - What am I working on to meet my defined objectives 12 months from now?

There was a period of time in my life when I neglected to focus on my long term vision. During this period of time in my life is when I felt lost without purpose. Now I am constantly reflecting on where I am going to be certain I am advancing my efforts to leave behind a worthy legacy. All of the work I do now has purpose for my philanthropic work Julie and I do together.

#7 - What am I most thankful for?

I believe gratitude is the key to experiencing joy and satisfaction in life. I take the time to recognize all of the great things happening in life. I am blessed beyond measure and thankful to be so happy in life.

The above is an abbreviated list of 20-25 that I reflect on religiously. The majority of my time is spent quietly journaling, while other moments are spent in discussion with Julie to be certain we stay in alignment with our goals in life as a couple. Staying on course in my relationship with my wife is truly my guiding light. I would not be the man I am today without her.

Admittedly, the majority of people will not take this time and out in the effort to do this exercise. I have no empathy for those who will not help themselves. I applaud and support those who take ownership of their lives and how you work hard to have your a productive, effective and satisfying week. You are the one who must take

responsibility for the outcomes you create.

Will you accept this responsibility and do something about it?

You have the ultimate control over the outcome of your life should you choose to accept the commitment. Be selfish. Make yourself a priority. Become the best version of you and witness the impact you have on yourself and others.

Today, choose to be extraordinary!

Kevin