

Looking for a “Good Doctor”?  
We’re looking for “Good Patients”

We often hear people say that they’re looking for a “good doctor.” Well, we’re looking for “good patients.”

What would a “good patient” be like?

They would be honest with their doctors and tell them **everything**. They would put their health on the front burner and do whatever it takes to ensure success of their health program. They would find a doctor who they feel confident with and they would completely follow through with the doctor’s recommendations. They would work as a teammate. They would take responsibility for themselves and realize the doctor’s limitations and not expect the doctor to “do everything.”

They would keep all of their appointments, be on time, and take all of their supplements. They would take responsibility for their health by making appropriate lifestyle changes. They would attend the doctor’s classes and learn about health and the healing process. They would focus on their successes, and how their incredible healing machine is beginning to move in the right direction. They would begin to adopt the “gratitude attitude” instead of the case of “stinking thinking”. We all know we get what we focus on ... so let’s focus on the positive.

A good patient would be someone who would do “whatever it takes” to regain and maintain their most precious resource ... their health.

### The Power of Change

If you think you are going to get well *and* continue doing things exactly the way you’ve been doing them, you may be in for a long haul.

After working with thousands of people and studying the healing process for over 20 years, I have come to know that our sickness, disease, aches and pains are **warning signals** These warning signals let us know SOMETHING IN OUR *LIFE* MUST *CHANGE!*

I have put together a list of common “life areas” that often need a little refinement to a major overhaul. Please write down any changes you would like to see happen in each category and then number them in priority of what needs to change first.

If you want to “live long and prosper” you must be willing to “take responsibility” for your life, and respond to life’s challenges by taking appropriate action. No one else will!

## Lifestyle Categories

Dr. Russ' rule of thumb:

**“Make changes that bring life and passion back into your life ...**

*Remember, this isn't a dress rehearsal ...*

- HEALTH: Chiropractic care, nutritional changes, stretch, exercise, let go of addictions (coffee, sugar, fast food, alcohol, drugs, etc.).
- FAMILY: Clean up relationships, past and present, spend more/less time with family and friends, go get counseling, do neuroemotional work, etc.
- CAREER: Spend more/less time, go to school, learn via books, tapes, etc. change careers, get clarity with boss, employees, etc.
- RECREATION: Play more/less, do sports and leisure that support health vs. cause exhaustion and injuries, more/less leisure time.
- FINANCIAL: Need more/less money, change jobs, work smarter not harder, invest.
- SPIRITUAL: Need more/less time to devote to spiritual life, meditate, pray, read, etc.
- HOME: stay where I'm at, move to a bigger/smaller, more expensive/less expensive place, clean it up, paint, get rid of mold, buy/sell, etc.
- EDUCATION: Learn things to advance career, sports, recreation, self, etc.
- ETHICS: living our truths is very powerful. Do we live our life by a certain code of ethics? Most of us can make powerful refinements here.

These are the top 3 changes I will make:

- 1.
- 2.
- 3.

These are the action steps I plan to take, and the dates I plan to see noticeable change:

- 1.
- 2.
- 3.

Error on the side of too little rather than too much. If you changed one “issue” per month, you'd have 12 life changes by the end of a year. If you try too much, too fast, you'll get frustrated and quit and will accomplish little in a year's time.

Have you been “forced” or “felt the need” to make any “positive” changes in your life due to this pain, illness, condition, etc.? (i.e., eat better, less alcohol or drugs, meditate or breathe more, less destructive sports, activities, etc.) If so, what?

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If you “get better” or get rid of this “condition” will you go back to your old ways?

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Are you unable to do certain activities that you would like to do because of this pain, illness, condition? (i.e., sports, walk, pick up grandchildren, etc.) If so, what?

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What lesson(s) have you taken home from your healing process to date?

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You've already taken a huge step in the right direction – you're here!

Let's go for the gusto – let's have the life and lifestyle we really want and deserve!

*Be* who you need to be  
to  
*Do* what you need to do  
To  
Have what you want to have!

**These handouts are only samples to give you ideas of possible handouts for your use. Dr. Rosen, Rosen Coaching, and The Optimal Health Chiropractic System require that you check with your state board to make sure that the contents of any information you choose to use meets the legal requirements of your particular state. We specifically state that the contents of these handouts may not meet the specifications of certain state boards and accepts no liability if you do not choose to check with your state board.**