

“The Real Keys to a Thriving Chiropractic Practice (Beyond the Numbers)”

Your Personal Reflection Sheet

“What you do matters. How you do it matters more. These are the keys that make the difference.”

1. Purpose Over Pressure

My ‘Why’ for Being in This Work:

2. Culture is the Real System

One Way I Add to Our Culture Daily:

One Way We Could Strengthen Our Culture:

3. Connection Over Conversion

How I Help Patients *Feel* Seen or Heard:

4. Lead with Heart, Not Just Head

One Leadership Quality I Choose to Practice:

5. Energy is Contagious

My Current Energy at Work Feels Like:

☐ Calm ☐ Uplifted ☐ Stressed ☐ Scattered

One Reset Ritual That Works for Me:

6. Experience = Your Brand

One Small Moment That Makes a Big Impact on Patients:

7. Empowered CAs = Practice Multipliers

One Area I Take Full Ownership Of:

8. Trust First, Always

One Thing I Do That Builds Patient Trust:

9. Every Role Has a Ripple Effect

My Ripple Moment: One Way I Know I've Made a Difference

10. Healing Goes Beyond the Table

One Time I Contributed to Someone's Healing Beyond the Adjustment:

Final Reflection

Which “key” do I want to grow in next?

What’s one step I’ll take this week?

What’s one step I’ll take my time learning more on that can bring myself and our office growth (remember growing doesn’t happen overnight but in the small habits)?
