



## 4 Steps to Get More of What You Really Want This Week with Priority Management

Most over stressed physicians will spend the weekend feeling bad about the things you did not accomplish in the last seven days. We tend to cop to the belief that, "I am no good at time management".

If you really want to exercise more or spend some alone time with your kids, here are four steps to get that to actually happen ... no matter how busy your life and practice are.

### **Step 1: Write down the things you want more of - make a list**

I encourage you to make your list with a pen on paper. I admit I am old school on this and here is the reason why. When you transfer a desire into a phrase written in ink on paper ... that is a step of creation. You have translated your desire into physical reality - perhaps for the first time. Somehow typing it into a computer and having a printer make the hard copy is just not the same.

### **Step 2: Pick just one of them to do this week**

Pick JUST ONE to put into action this week. You are working on the skill of implementation here. You will probably want all of them at once and you will fail if you choose more than one at this point. Once you nail that one ... you can move on to the next ... and start with just one. Circle it on your list. Use a colored marker if that makes this more fun (I do).

### **Step 3: Make it a Priority**

I know your priorities by the schedule you carry with you. I suspect you carry one calendar/schedule with you right now ... probably on your phone. I will also bet the only thing on there is your work schedule.

The key to getting more LIFE in your week is NOT time management ... it is having that life activity on a schedule that you are carrying at all times. Here is a Schedule HACK training on exactly how to do this (with no tech skills).

Get your chosen activity on your schedule and in your phone.

### **Step 4: Do It - Savor It - Celebrate It**

#### **Do It:**

When your scheduled time rolls around, make this activity your #1 Priority and Intention in that time slot. Don't let anything (short of some life threatening emergency) stop you from carrying out your plan.

#### **Savor It:**

When your time arrives, take a deep breath and let go of the stress and strain of the day. Become completely present for whatever this activity is. Invite it to soak into all the right places in just the right amounts. Savor it. Make a memory.



**Celebrate It:**

When you are done, give yourself a big pat on the back and congratulations. Be grateful for the experience and acknowledge yourself for your skills of Priority Management!

**REPEAT that sequence weekly**

=====

Next Steps:

If you have any questions about

- Physician Stress Management
- Burnout Prevention
- How to create Physician Engagement and Satisfaction in your Organization
- Simple Leadership Skills for a Better Day in the Office

[Click This Link](#) to message me directly and get some simple and practical answers.

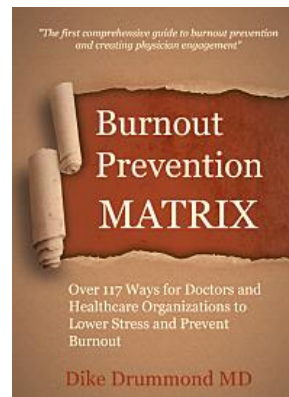
Last thing:

Make sure you get your copy of the Burnout Prevention MATRIX Report containing 117 different ways to lower stress and prevent burnout.

The Report is Free. [CLICK HERE for your copy](#)

Enjoy the toolkit and use it to let your concerns be heard.

Keep breathing and have a great rest of your day,



*Dike*

Dike Drummond MD  
[www.TheHappyMD.com](http://www.TheHappyMD.com)