



Welcome to your AMPs ::

## Analysis of Monthly Practice

January 2014

### AMP Practice Tip of the Month

The New Year brings a fresh start for those who desire it, and a continuation of positive forward momentum for the rest. If you have your goals defined, and your strategies planned, then you know what's expected of you – if not, then there's no better time than now to get clear on it.

How many adjustments are you prepared to deliver each month? How many new patients would it take to get there? And how much money would you then earn and collect if you were to play at that level?

The more clarity you have about your outcomes, the more likely that your subconscious mind moves you toward behaviors that would accomplish them. This is a well-known but often underestimated element of success – as Steven Covey says, to begin with the end in mind.

If your goals are written, develop a habit of checking in with them regularly to keep them in mind, And if not, then get them written now – the mind is target-oriented, gives yours a target to aim at.