



Your Best Day Ever

It's all about adopting the right mindset.

BY REM JACKSON

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A silver lining of the very dark cloud that landed on the world in early 2020 has been an opportunity for many of us to slow down, take stock, and rediscover what is truly fulfilling and what ultimately matters in our lives. As life ramps back up and the world re-opens, how can we preserve that mindset and the happiness that flows from it? We can start with a commitment to making each and every day of our lives our best day ever.

Let's begin with a lesson from the pets we have chosen to share our lives with. When you look at your dog's planning calendar, it all comes into a bit more focus. Animals are blessed in that they live in the present moment. They are ready to begin anew each morning with the mindset that today will be their best day ever. They are mostly unburdened with dwelling on the past, and completely free from worries about the future. For them, there is only today. And for us, there is only today too. Of course, we learn from the past, but it no longer exists. The future has never come for anyone who has ever lived. All of us live today, in the present. And with most of us reading

this publication, when closely examined, there is nothing essential lacking today. This has been clarified as we have all been compelled to slow down, smell the roses, and enjoy the simple pleasures of our lives.

How then do we keep this mindset when the world continues to ramp up and advertisers tell us we need so much stuff just to be happy? We simply resolve to have our best day ever today and every day.

This is easier said than done for all of us. Luckily, we have an ally—a

nant thoughts are worrying, anxious, even fearful, then our subconscious mind will reinforce everything it catalogs to help us avoid pain. Unfortunately, it focuses us on all the negative and re-enforces it. If, instead, our predominant thoughts are of abundance, positivity, gratitude and grace, then the very same subconscious gets to work to help us manifest that in our lives.

The real question is how to do that. How can we better access this ally and harness this power to change

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very powerful (almost super-powerful) ally who is always with us and who has one job and that is to help us manifest what we think about the most. That ally is our subconscious mind, which operates like a super-computer that is programmed to listen to our conscious thoughts and help us just make it happen.

Our minds are incredible and we know that we use a small portion of their yet-to-be-discovered capacity. What we think (our conscious mind) is a small part of this massive mind. The subconscious mind operates below the surface. It records everything and helps us manifest what we think about by alerting us to anything that can aid us. If our predomi-

the mindset which can change our lives? Strategies to accomplish this are in many—if not all—of the self-help books and programs published over the last 50 years: gratitude journals, affirmations, vision boards, reading positive books, meditation, the power of positive thinking. You've heard them all. For some of us, these have worked well.

Your Best Day Ever Begins the Night Before

You might be struggling with restless sleep, the kind in which you go to bed but are awakened with your mind racing about all of your problems and worries at 3 or 4 AM.

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You struggle in the middle of the night, feeling lousy, only to eventually go back to sleep and then wake up in the morning, get up and go to work, only to do it all over again the next night. If that's your experience some or most nights, you might try accessing your subconscious a different way.

Your Best Day Ever

It starts, as does everything of value, with a goal, which in this case is to have your best day ever. Napoleon Hill, the author of the classic "Think and Grow Rich", developed a habit of speaking directly to his subconscious mind. He called his subconscious mind "sub." Simple and easy. He worked directly with his subconscious mind and directed it specifically in the ways he wanted it to support and help him. He gave it jobs. He found this to be a very valu-

able strategy. The author of this article can attest to the results attained by utilizing this approach daily for over a year. Here is how to start:

As you prepare for your night's sleep, simply have a conversation with your sub that can sound like

dream tonight, I want the dreams to be fun and interesting." Imagine those problems being put in a vault of some kind and closed tightly where sub is working and you are protected until the vault is opened in the morning.

No matter what problem, challenge, or frustration that comes your way, your number one goal is to have a fantastic day... now... in the present.

this. "Sub, tonight I do not want to be awakened by the worries and challenges I'm dealing with." Specifically, you can suggest the issues that are vexing you the most. "Do not allow me to awaken worried or thinking about anything. Instead take those challenges and work on solutions which you can present to me in the morning. And when and if I

That's it. With practice, you will discover that 9 out of 10 times you can achieve success. You will be astounded at the creative ideas that your own subconscious mind can produce and you will occasionally receive brilliant solutions that an agitated mind simply can't see.

In the morning when you first

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awaken, smile. Simply smile. This small smile has one purpose and that is to remind yourself at the very beginning of your best day ever that you are blessed. Most of us are extremely blessed. What is truly lacking in your life today? Again, for the readers of this publication who have all the needs in life met every day and have blessings far beyond the basic needs, there is nothing lacking. Our time in lockdown has reminded so many of us of this simple truth. Let's start our days remembering it as our first act, our habit of awakening.

Then it's time to check in with

Commit to Your Routines

A surprising percentage (95%) of what you do each day is what you do every day. Watch your own life and see how true this is. We are creatures of habit and our habits can support us or trip us up. At the outset of the COVID-19 crisis, Captain David Marquet, author of *Turn the Ship Around*, an outstanding book on leadership, posted a video blog about how civilians like us could get through being quarantined. He discussed how he spent as long as six months at sea in a nuclear submarine with 150 sailors. His answer was that they had a commitment to routine. He talked about how they woke up

a habit of rising 30 minutes earlier than you do now. This should be easier since you will be sleeping better. Take some time for prayer and/or meditation. Use a daily planner. There are many very good planners available. Ask people you know which one they use. Michael Hyatt and Brendan Burchard offer excellent planners. Take a look at the Maxout planner at Maxoutplanner.com. It's excellent. All of these incorporate the daily habits that successful people use. Choose whichever one works for you, and then commit to using a tool like this every day for one year.

You have a choice. No one can stop you in your journey to make today your best day ever. No one except you. If you've struggled in the past with this, you should know that makes you just like everyone else. We all struggle with this...until we don't. And when that happens, it can be life-changing. If you are skeptical about any of this, that is just fine. Ask yourself if what you are currently doing is working. If that answer is yes then you've figured this out in your own way. Congratulations.

The alternative to committing to today being your best day ever is for today to be the way your days have been. Working with your subconscious mind is not hard and might just be a way for you to enjoy your days with less stress and worry. Your dog is great at it. Why not you? Make today and every day your best day ever. **PM**

No one can stop you in your journey to make today your best day ever. No one except you.

sub. Thank you sub for the outstanding job it did last night in protecting my sleep. Check in on the solutions this supercomputer has to share with you that it worked on all night. Open up the vault and get this help. And finally remind yourself and sub that today you have one overriding goal, above everything else. That is to make today "your best day ever." No matter what problem, challenge, or frustration that comes your way, your number one goal is to have a fantastic day... now... in the present. Not later... not in the future. Not when something happens. Now. You live in the present just like your dog or cat with such ease and grace. Today is the only day you can ever impact and today it's going to be Your Best Day Ever.

You'll find as you check in with sub multiple times during the day to do your "mindset push-ups" and increase your ability to affect your own happiness and drop your stress no matter what happens, that it will get easier and finally will become how you approach every day. As you begin your best day ever and commit to enjoying your life no matter what, you can use some additional strategies to aid you in achieving this goal.

at the same time every day and followed a well-scripted routine to stay sharp and healthy, even when it was impossible to know from their surroundings what time of day or night it was.

Routine

Establish and work with sub to commit to routines that you know help you to be sharper mentally and healthier physically. And then stick with it every day. We generally try to begin new programs or habits of all kinds and after a time return to more established patterns which may not be helping us. Charles Duhigg writes about habits in *The Power of Habit: Why We do What We do in Life and Business*. The commitment to transforming your habits is more involved than simply doing something for 21 days. Take stock of your habits. This should be easy since you do them every day. Begin the process of re-designing your routines to enhance your ability to work with your sub to make today Your Best Day Ever.

Win Your Morning and Win Your Day

Start your morning with the routine described above. Develop



Rem Jackson is the President and CEO of Top Practices, LLC, and the leader of the Top Practices Master Mind Group. Top Practices is a company dedicated to helping podiatrists thrive in private practice through its marketing and management programs. Rem is a Fellow of the AAPP and the recipient of the AAPP President's Award for 2012. He was inducted into *Podiatry Management's* Podiatric Hall of Fame in 2019. He is the author of *Podiatry Prosperity: How to Market Manage and Love Your Practice*. Rem can be reached at rem@TopPractices.com. You can find out more about Top Practices at www.TopPractices.com