



THE ONLY WAY WE CAN WIN TOGETHER IS...

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I want to treat you like family. I want to go the extra mile for you. I want you to reach all your goals AND a higher level health, and be confident and strong. If you want that, here are some important things to remember.

1. I Don't Give My All to Everyone

Why? Because not everyone deserves it.

If you "no-show" for your appointment, that leaves me worrying about you. Wondering if you're okay. You don't do that to people you care about.

Don't you hate it when someone says to you they will meet you...but then doesn't show? You don't do that to those you care about.

2. Show Me You Are Serious

If you regularly prioritize other things over your health (and our appointments), it says you are not serious.

Remember, *your health is a necessity not a luxury.*

Too often people think their job, or making money, or hair appointments, and watching tv is more important than their therapy. These things are *wants* not needs.

Your health is a need.

You might think, "Money is a need, too!" I get that. But without your health, money means nothing.

Too often people neglect their health chasing their wants...only later to be left with regret and unhappiness.

I want you to get better and have great health. Do it for you (no one else). That's the greatest gift you can give to those you love.

Because when you are healthy, you are better at everything else you do.

You enjoy everything else SO much more.

Don't come up with excuses. Don't miss your therapy unless it's an emergency. Take your health seriously and we will win together!

Man sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived."

-Dalai Lama

3. Speak to Me

Communicate.

If you have a concern or complaint, let me know. I want to know.

You will not hurt my feelings (if done respectfully).

The only way we can maximize your progress and growth is if we work together extremely well. That means we communicate with each other.

Trust me...if I think you are doing something wrong, I will tell you. I want you to do the same.

I will be your personal pain relief and health coach for the upcoming weeks. I will give it my best, as long as you do.

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