

From Stuck to Aligned

What Every Dental Leader Needs to Know to Grow Without the Grind

Listener Companion Worksheet

Fill in only what stands out.

This is not about doing more, it's about seeing more clearly.



Why Am I So Tired?

The Hidden Causes of Burnout and Bottlenecks

- Right now, the area where I feel the most stuck in my practice is
- The biggest drain on my energy day-to-day is not dentistry itself, but
- Exhaustion isn't a sign of failure. It's a sign that my are working against my

The Practice Lifestyle Check

Where do I honestly believe the practice is operating right now?

- Courtship
- Go-Go
- Prime
- Plateau/Stuck
- Decline (working harder with less return)

Insight that landed for me:

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What Should I Actually Focus On?

Vision, Clarity, and the Power of the BIG WIG

- Busy does not equal
 - If I could only accomplish one thing in the next 12 months that would make everything else easier, it would be:
- (This is not a task. This is a result.)

Big WIG Clarity

Complete the sentence as it makes sense to you:

- "If everything else stayed the same, the one result that would change everything is"

- Teams with one clear goal are more likely to
- Once I'm clear on the my next leadership move is to free myself to it.

What's Next For Me As A Leader?

From Operator to Aligned Leader

- I tend to over-manage when I should be
- The difference between control and leadership is

The Alignment Loop

As you hear this model, circle the area that needs the most attention in your practice right now:

CLARITY-COMMITMENT-CADENCE-CELEBRATION

The one part of the loop I've been skipping or underestimating is:

-
-
- If my team truly owned the goal instead of waiting for direction, the biggest positive change would be
 - When the is aligned, the practice becomes

Final Anchor: One Decision

Within the next 7 days, the one leadership decision I will make differently is:

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Closing Reminder

Growth doesn't have to mean grind.

It can mean and

Up to \$1000 Value





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 visit <http://bit.ly/revenuereveal>
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 to see how you can stop the leaks.



Notes:

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