



Chaos: Surviving & Thriving

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Chaos is like Whiskey

- **Malting** - starts with raw grain. It's moistened to sprout/germinate to produce sugar
- **Mashing** - the grain is ground up & put in water to agitate. The sugar is extracted into Mash/Wort
- **Fermentation** - Yeast is added to the mash/wort which converts the sugar into alcohol. This creates Distiller's Beer/Wash
- **Distillation** - Distiller's Beer/Wash is put into stills. Alcohol boils at a lower rate than water, so the alcohol vapor rises
- **Maturation** - Like everyone in this room, we just get better with age



Let's look at Chaos in a different light

- C - Change
- H - How
- A - An
- O - Obstacle
- S - Seems



Overview:

- Chaos in today's world & how does it relate to you and your practice
- What are the only things you can control in chaos?
- How to shift from surviving to thriving



Chaos in today's world

- Chaos is **opportunity**
 - **Look; Listen & Think**
- Chaos **provides** us the nudge to adapt and reinvent ourselves and businesses
- Chaos **presents** us the choice to either accept things as they are or create things we aspire them to be
- Chaos is **ACTION!!!**



How does this relate to you and your practice?

- What are you doing in your practice to separate you from others?
 - Patient Communication
 - Knowing your demographics
 - Are you staying relevant
 - Explored new business lines?
 - Monthly News Letter
 - Positive/Uplifting Messages
- Bottom-line: What are you doing to be at the forefront of your patients minds?



Creating a new habit to foster success:

- What's the one resource we all have more of today?
 - TIME – how are you investing it?
- Start with identifying one thing you would like to improve upon.
 - Work Life
 - Personal Life
 - Fitness Goal
 - Self Improvement
 - Relationship
- **GIVE IT LIFE – DO IT!!!**



What are the only things you can control in chaos?

- A.K.A:
 - **Attitude** – you decide how you let things affect you
 - **Knowledge** – you are directly responsible for your knowledge
 - **Activity** – you are the only one in direct control of what you do



Shift from Surviving to Thriving

- First step is the decision between your two ears
- **7 P's in Life:**
 - Prior
 - Proper
 - Planning
 - Prevents
 - Piss
 - Poor
 - Performance



Shift from Surviving to Thriving

- **Chess, Not Checkers**
 - Book by Mark Miller

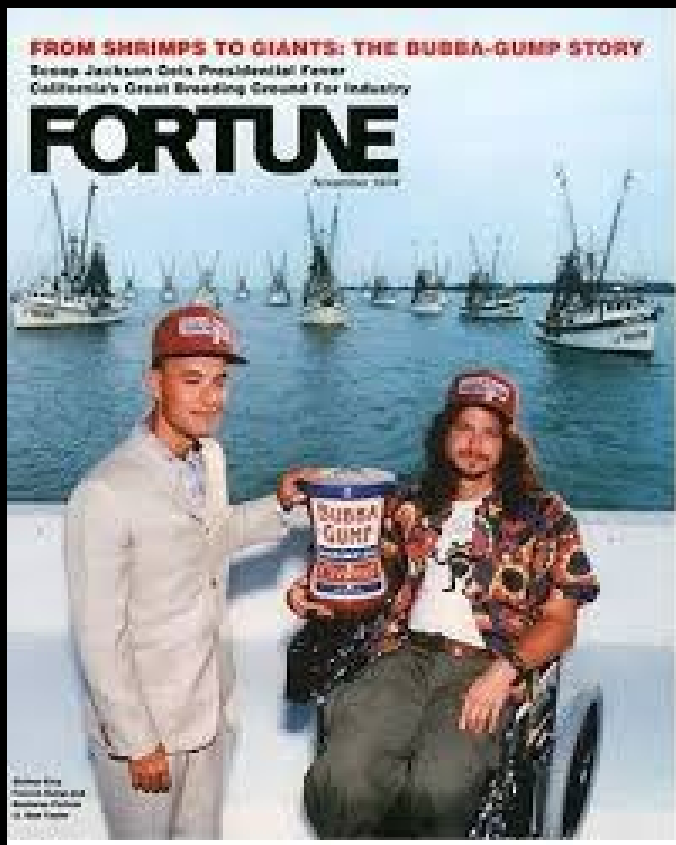


What CHAOS means today

- C - Create
- H - Habits
- A - Allowing
- O - Optimal
- S – Success



When the chaos settles,
have you positioned
yourself to THRIVE?



Thank you!



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