



Weekly Newsletter



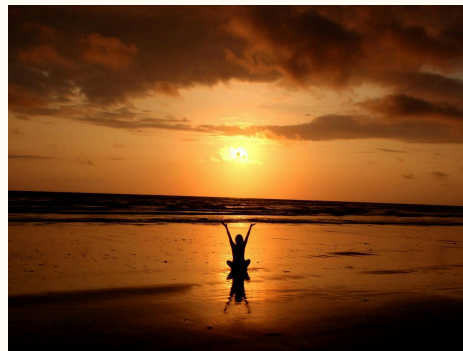
Mindfulness and Gratitude

-Ruston Tippetts D.C.

Once a quarter our entire staff travels to attend continuing education and personal development seminars. We absolutely love the opportunity to spend extra time learning how we can more effectively serve **you** as our patients!



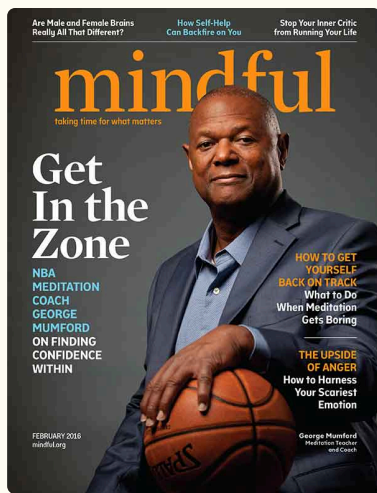
A guest speaker will often attend and share their expertise and we wanted to pass along a few of the powerful lessons taught.



The guest speaker this past weekend was George Mumford. A Psychologist and mindfulness expert who personally mentored Michael Jordan, Tom Brady, Kobe Bryant, Shaquille O'Neil, and countless executives and companies globally.

His own life is a story of overcoming addiction, difficult circumstances, and rising above adversity to achieve more than he or anyone else thought possible for him. He has been a patient and proponent of chiropractic for over 40 years!

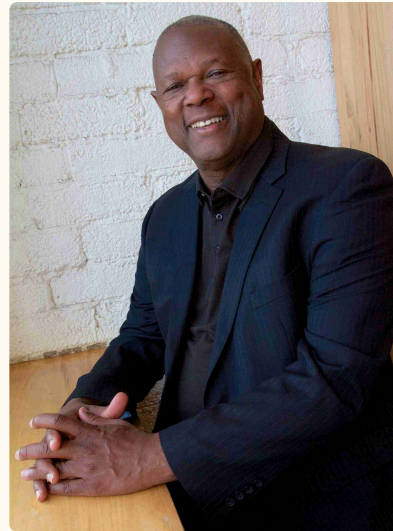
Thoughts/Concepts Shared:



"Many people lose awareness of themselves. They become so caught up that they don't take time to just exist, be aware of themselves in their own body and breath. Take time everyday, even multiple times a day, if only for a few moments, to practice being fully present."

"If you want to do something great, if you want to help people, then you must begin with yourself, but don't become preoccupied with yourself."

"What set Michael Jordan apart was his ability to focus. He was a predator, he had that killer instinct. His focus was almost like a physical weight."



"All athletes and high performers want to achieve that flow state. In order to do that you have to stop thinking about how you're doing and instead think about what you're doing. Focus on just this moment, and execute it to the best of your ability. And then the next moment, the next play."

"What you have to offer isn't for those who need it, it's for those who want it."

"You have to expect that things will end well. You may not know how, and that's okay. Trust in your ability to adapt to what is. Let go of the illusion that you can control what's coming in the future. You can attract, you can envision, but you can't control. All you can control is yourself, your thoughts, your speech, right now."





1. Focus on Progress, not Perfection.
2. Make wise choices based on sound principles.
3. You must have a positive mind state. You are happy first, then successful.
4. Have a beginners mind. Always willing to learn and find joy in experiences.
5. Let go of results, be in the moment. Focus on the thoughts and actions and execution that cause the results.

Hopefully you gained something valuable just like we did from George Mumford and the principles he teaches! The mind 100% affects the body and if you want to feel better and function at a higher level, you must work on yourself and your mind just as much as your body.



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