



PHYSICIAN, HEAL THYSELF!

THE THREE MASSIVE MISTAKES
THAT PHYSICIANS MAKE



RAY WM. SMITH, ED.D.
THE DOCTORS' DOCTOR

THE THREE MASSIVE MISTAKES THAT PHYSICIANS MAKE THAT LEAVE THEM FEELING FRUSTRATED, UNAPPRECIATED AND INADEQUATE



Hi!
I'm Dr. Ray and I'm a Doctor's Doctor.
Physicians hire me to help them get freedom, successful relationships, and an on-fire life.
And what I'm really passionate about is helping these wise physicians create joyful empowerment.

In this Best Practices Prescription, you'll discover

- The ONE simple thing you can do to avoid failure
- How to step out of being overwhelmed, so you are inspiring
- How to have self-care without selfishness

Enjoy!
Ray Wm. Smith



MISTAKE #1

MASSIVE MED SCHOOL ERRORS AND OMISSIONS

1

MISTAKE

Mistake #1 Expectation of Rejection. They've received so much negativity and disrespect that they've become gullible and have self-fulfilling prophecies of loss.

2

PROBLEM?

The problems caused by this mistake show up in unsatisfactory relationships with friends and family, colleagues and staff, patients and third party payers.

3

SOLUTION

Listen with the other ear: you've seen the cartoon with a demon on one side and an angel on the other. Listen to the voice of positivity argue successfully with the fear of failure, rejection and embarrassment. How you're feeling is from how you're thinking, not situations or others.

4

WISDOM

"When the going gets rough, the tough recruit!" Dr. Ray means that in order to be tough, the resilient recruit help, just like you did early in your career! You don't have to come up with all the positive thoughts on your own!

MISTAKE #2

MENTAL MALPRACTICE

1

MISTAKE

Mistake #2: They can't heal others if they're sick. Surgeons shouldn't operate on their own families, much less themselves. Self care is NOT selfishness.

2

PROBLEM?

Too many suffer down and dirty hidden shame, deaf to their own inner wisdom.

3

SOLUTION

You have a high IQ; now you can raise you EQ and SQ, your Emotional and Social Intelligence, through empathy, support and appropriate boundaries.

4

WISDOM

“Put your own mask on first.” (Don't ignore the wisdom of flight attendants, and, do no harm by putting your mask on before surgery; the same principle is for you to take care of yourself so that you can take care of others, at home or work, in the air or on the ground.)

MISTAKE #3

PERFECTIONISM

PRESSURE

1

MISTAKE

Mistake #3: all or nothing. They say, If you want it done right, then do it yourself. Or, Anything worth doing is worth doing well. That's Stinkin' Thinkin' – a cognitive distortion. That's not how you learned to walk, talk or doc!

2

PROBLEM?

The pressure of never making a mistake can lead to anxiety, depression, addiction, self-doubt, denial and even suicide for not measuring up.

3

SOLUTION

The truth will set you free: nobody's perfect. The paradox for docs is that while you're not perfect, you're pretty good. You're practicing medicine because you want to get better at it. The only one to compete against is you yesterday.

4

WISDOM

Anything worth doing is worth doing poorly (at first).

Dr. Ray says, "I treated a physician who abused alcohol to numb a mistake. Once he admitted he had the problem, he was already started to heal."

PHYSICIAN, HEAL THYSELF!

PRESCRIPTION FOR CLARITY, CONFIDENCE AND CHARISMA

I hope this Prescription has given you the clarity, confidence and charisma that **it IS possible to heal yourself of dis-ease and dis-order** and, you don't have to do it alone.

If you're a great physician and you feel like a frustrated, fearful failure . . . and you'd like to have freedom, successful relationships and an on-fire life, then scheduling a Next Step to Satisfaction Session with me could be **your best next step**.

ON YOUR CALL, WE'LL:

- Get a clear picture of **what's possible** for your emotional and relational health in the next 12 months
- Identify the **#1 thing stopping** you from getting there right now
- Outline the **3 protocols that will help you heal yourself** in the next 90 days
- You'll leave the call clear, confident and excited to create the home and work you dreamed

Its easy to sign up. Simply **click the button below** to schedule your complementary Next Step to Satisfaction Session

I look forward to supporting you!

Ray Wm. Smith, Ed.D.

**Click Here To Book Your Complementary
Next Step to Satisfaction Session**