

Being a veterinarian



What my Family
Thinks I Do



What my Friends
Think I Do



What Society
Thinks I Do



What Animals Think I Do



What I Think I Do



What I Actually Do

'Legacy Achievers'



6 Obstacles That Will
Derail Your Career –
And how to steer clear



Our Focus today

- Faith
- **Family**
- **Finances**
- **Physical health**
- **Social contributions**
- Continued Education



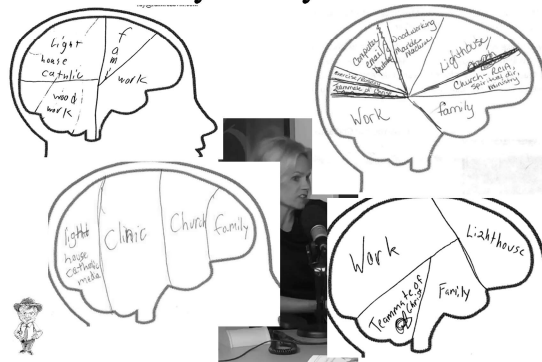
What would your brain look like?



By studying 'Legacy Achievers'



What my family drew Jan 2015



Our Focus today

Today taking care of CE

Love to talk about Faith... but not point of discussion today

- Faith
- **Family**
- **Finances**
- **Physical health**
- **Social contributions**
- Continued Education



Cat 2

Family-Children



Instructions for using this template.

- Remember this is Jeopardy, so where I have written "Answer" this is the prompt the students will see, and where I have "Question" should be the student's response.
- To enter your questions and answers, click once on the text on the slide, then highlight and just type over what's there to replace it. If you hit Delete or Backspace, it sometimes makes the text box disappear.
- To see what category/answer your slide is on – check with **'outline' tab**
- When clicking on the 'question' slide (during presentation) to move back to main slide, be sure you see the hand, not the arrow. *(If you put your cursor over a text box, it will be an arrow and WILL NOT take you to the right location.)*
- For final jeopardy, if you place the cursor over the lower left speaker icon, a music wave of the final 30 seconds jeopardy song will play.



Cat 3

Finances



Jeopardy

To have fun...
When you engage, you
remember, so answer

[Click to begin.](#)



Cat 4

Physical Health



Cat 1

Family-Marriage



Cat 5




Social Contribution



Fam-Marriage	Fam-Children	Finances	Physical Health	Social Contribution
<u>10 Point</u>	<u>10 Point</u>	<u>10 Point</u>	<u>10 Point</u>	<u>10 Point</u>
<u>20 Points</u>	<u>20 Points</u>	<u>20 Points</u>	<u>20 Points</u>	<u>20 Points</u>
<u>30 Points</u>	<u>30 Points</u>	<u>30 Points</u>	<u>30 Points</u>	<u>30 Points</u>
<u>40 Points</u>	<u>40 Points</u>	<u>40 Points</u>	<u>40 Points</u>	<u>40 Points</u>
<u>50 Points</u>	<u>50 Points</u>	<input type="text"/>	<u>50 Points</u>	<input type="text"/>



cat1q2

What is Your cell phone?



cat1a1

This is one of several songs you should not play at your wedding.




cat1a3

With Introverts, you are in danger of being ‘all talked ____’ by the time you get home to husband/wife.



cat1q1

What is ‘What’s Love got to do with it’?



cat1q3

What is “All talked out”?



cat1a2

According to research, avoiding 24/7 use of this, will greatly improve ALL relationships, including the most important.

cat1a4

Even though the goal of any relationship is to become the best version of _____, it is the unusual paradox that shows we do this by *giving to* the one we love in Marriage.

What is 'becoming
the best version of
yourself'?



What work ethic?



THE key to making a
relationship work is
to have a plan, then
reevaluate: Those
that fail to plan, ____



____.



2006 Penn State lab
studied preschool
children eating lunch
while watching cartoons.
They ate this much more
(percentage).



What is 'plan to fail'?

Reevaluate



PRINT PLUS, the leading service provider of commercial + industrial painting
PLUS problem-solving + prevention through consulting + expert advice.



What is 33% more?



This is the number 1 thing to
teach children – whether 12,
15, or older will help them
when they get into the work
world.



April 2004 Issue of
Pediatrics found early
exposure to this by ages
1-3 yr was associated with
attention problems at age
seven.

(Childrens Hopistla and Regional Medical Center in Washington).



What is Video/
television?



When you read these , it
helps you to expand
your mind.



Many young children
like to do this after
reading a book. It can
be very annoying for
the adult reader.



What is 'Read a book'?



What is 'read it again'?



Seven Habits of Highly effective
people – Steven Covey

The Rhythm of Life Matthew
Kelly

How to win friends and influence
people. Dale Carnegie



Find a series: Dr Seuss,
Pigeon books
Little house on the
Prairie



Five Dysfunctions of a Team Pat
Lencioni

The Speed of Trust: Stephen
Covey

The Checklist Manifesto Atul
Gawandi



The Tipping Point: Malcom Gladwell

The E-Myth Veterinarian Gerber and Weinstein

The Etiquette advantage: Post

Good to Great: Collins



What is playing
Offense and Defense
with money?



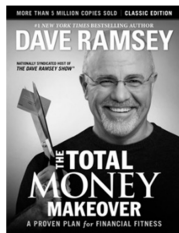
This is most important tool
with finances, even if you
have no income. Congress
does not understand how
this works, but
symposiums do, and you
should also.



It is very difficult to
get rich quick,
however if is very
easy to get rich ____.



What is a budget ?



What is 'get rich
slow'?



When looking at finances, it
is helpful to use sports
analogies: making money
would be playing _ and
restricting spending is
playing _.



Choice: Which to prefer, \$1,000,000 today
Or
\$0.01 a day, doubled every day for a month?



You know the math...
Or do you?

1	\$0.01
2	\$0.02
3	\$0.04
4	\$0.08
5	\$0.16
6	\$0.32
7	\$0.64



You know the math...
Or do you?

1	\$0.01
2	\$0.02
3	\$0.04
4	\$0.08
5	\$0.16
6	\$0.32
7	\$0.64

8	\$ 1.28
9	\$ 2.56
10	\$ 5.12
11	\$10.24
12	\$20.48
13	\$40.96
14	\$81.92

15	\$ 163.84
16	\$ 327.68
17	\$ 655.36
18	\$ 1,310.72
19	\$ 2,621.44
20	\$ 5,242.88
21	\$ 10,485.76

22	\$ 20,971.52
23	\$ 41,943.04
24	\$ 83,886.08
25	\$ 167,772.16
26	\$ 335,544.32
27	\$ 671,088.64
28	\$ 1,342,177.28

29	\$ 2,684,354.56
30	\$ 5,368,709.12
31	\$ 10,737,418.24



You know the math...
Or do you?

1	\$0.01	8	\$ 1.28
2	\$0.02	9	\$ 2.56
3	\$0.04	10	\$ 5.12
4	\$0.08	11	\$10.24
5	\$0.16	12	\$20.48
6	\$0.32	13	\$40.96
7	\$0.64	14	\$81.92



In the tale of two brothers; Jim and Ray. Jim puts \$2,000/ yr in IRA from age 18-28, then stops. Bro Ray goes to vet school, and contributes nothing in IRA until age 30 – 65. This brother has the most at age 65.



You know the math...
Or do you?

1	\$0.01	8	\$ 1.28	15	\$ 163.84
2	\$0.02	9	\$ 2.56	16	\$ 327.68
3	\$0.04	10	\$ 5.12	17	\$ 655.36
4	\$0.08	11	\$10.24	18	\$ 1,310.72
5	\$0.16	12	\$20.48	19	\$ 2,621.44
6	\$0.32	13	\$40.96	20	\$ 5,242.88
7	\$0.64	14	\$81.92	21	\$ 10,485.76



Who is (Jim total contribution = \$10K, Ray = \$70K)?



You know the math...
Or do you?

1	\$0.01	8	\$ 1.28	15	\$ 163.84	22	\$ 20,971.52
2	\$0.02	9	\$ 2.56	16	\$ 327.68	23	\$ 41,943.04
3	\$0.04	10	\$ 5.12	17	\$ 655.36	24	\$ 83,886.08
4	\$0.08	11	\$10.24	18	\$ 1,310.72	25	\$ 167,772.16
5	\$0.16	12	\$20.48	19	\$ 2,621.44	26	\$ 335,544.32
6	\$0.32	13	\$40.96	20	\$ 5,242.88	27	\$ 671,088.64
7	\$0.64	14	\$81.92	21	\$ 10,485.76	28	\$ 1,342,177.28



Who is Jim?



Cat3A5.



For some people the next step in this is training for a marathon, for others, it is walking around the block.. twice.



Cat3Q5?



What is increasing your activity/ exercise?



Physical Health is a result of moving these. We studied all these names in anatomy class.



Daily Double!!



What is a muscle?



This is the hormone that is increased when you exercise. Some individuals claim they get a high from it.



What is endorphin?



What is 'The cone of Shame'?



This activity with a dog also increases your activity rate.



According to several research papers, after hours volunteering with these groups are not helpful in contributing to your mental health.



What is 'walking the dog'?



What is volunteering at rescue or shelters?



While the cartoon showing this on a human may not be true, paying attention to how much one eats is important to your health. And something the host does not do as diligently.



When looking at legacy achievers, their social contributions were rarely related to this, which is what they were known for.



Cat5 q2

What is their job/
profession?



Cat5 q4

What is veterinary
associations?



Cat5 a3

This organization of
business owners and
managers is a good non
animal place to get
involved- and there is a
local one in every city.



Cat5 a5

C5A5.



Cat5 q3

What is the
Chamber of
Commerce?



Cat5 q5

C5Q5?



Cat5 a4

Another way to contribute to
society is to be involved in
one of these organizations.
Others may call it 'organized
veterinary medicine'.
SAVMA is that organization
for veterinary students.



Final Jeopardy

Final Jeopardy



Final Category

Perfect balance



Make your wager



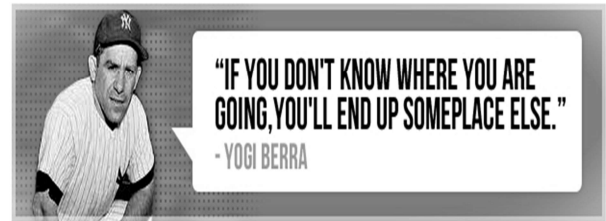
If I said:
In 30 days, I will give you
\$1,000,000.00

If, every day for the next 30 days,
you did something in each of the
six categories....



Final clue: Ans

There is a myth that perfect
balance is like a destination
where you arrive. Our legacy
achievers show it is more like
this, which is what many claim
you never forget now matter
how long until you ride it
again.



Questions?



Final question

What is
‘riding a bike’?

Or skiing the



- Balance all six of Faith, family, finances, physical health, Social contribution, & continuing education every day.
- Some days maybe more of one than another.

Sound
impossible?

