

Happy New Year!
Issue 22.1

inspero



We are back with a fresh set of clothes and some new content for you. You will notice the regular crew (Intentional Leadership, Strategic Planning, etc.) is also going to make appearances regularly. The QOTD and Emotion Explored sections are back to their usual programming. A couple new additions this issue are:

Jason's Travel Blog – this will show up a few times.

Treatment Planning – Join in the fun with your ideas and then follow along as treatment progresses (if the patient says yes).

Flow – we will dive into the concept of Flow – what is it, how to use it to your advantage and cultivate it in your team.

In this issue:

QOTD: Dr. Jim Afremow

Emotion Explored:

Jason's Travel Blog

Treatment Planning

Intro to Flow

Where to Find us in 2022

Resources:
The Champion's Mind
Pexels
Experience



Champion's Mind • 1d



Champion's Mind Tip 🐾

Realize that your impact goes beyond your performance; lead by example, on and off the playing field.

Dr. Jim Afremow

Author of *The Champion's Mind: How Great Athletes Think, Train and Thrive* (2014), *The Champion's Comeback: How Great Athletes Recover, Reflect, and Reignite* (2016), and *The Young Champion's Mind: How to Think, Train, and Thrive Like an Elite Athlete* (2018).



Emotion Explored

CREATIVE

Creativity is one of the key ingredients to a successful Vision. When we ask you to dream of a future of possibility (or impossibility) and then describe it in detail you must channel that inner creator. This is usually one of the more challenging aspects of the Visioning process.

“Creative” as an emotion may sound weird – it did to me at first. Think about how you feel when you are in a creative mood. To be creative in public takes courage to be vulnerable. Lean into that discomfort and embrace your inner creator.

Creativity is a Flow trigger (more on that soon) so use it to your advantage whenever you can!





The Long Dark Flight Delays of The Soul

With apologies to Douglas Adams for the title, this will be story time of my travel to Canada and back between Christmas and New Year's (December 25 – January 1/2).

If you haven't heard the news, I'm moving to Invermere, British Columbia, Canada in late 2022. My wife, Lisette, started her new Associate Dentist job there on January 3, 2022. I booked a flight to go see her and our new community-to-be for the holidays.

Traveling to Canada often involves a couple airlines when flying from the midwest (unless you want to take the train to Chicago). So, my flight plan was:

Depart St. Louis at 8:30 AM (United Airlines) on Saturday, December 25.

Arrive Denver...Depart Denver at 1:15 PM (Air Canada).

Arrive Vancouver...Depart Vancouver at 7:30 PM (Air Canada).

Arrive Cranbrook, BC at 9:49 PM on December 25.

I spent December 24th with family in Effingham, IL. After a restless sleep I woke up at 3:00 AM on Christmas day to the sound of reindeer on the roof. Unfortunately, my dad converted the fireplace to gas several years ago so Santa was not able to enter the chimney. I drove easy to St. Louis and found a parking place. The airport was not busy, so I quickly obtained tickets, had all my covid and vaccine stuff verified (yes, they checked it thoroughly), and proceeded to my gate.

The flight to Denver was smooth. I was prepared for the long layover and had a nice walk around the terminal to find some food and coffee (Starbucks egg bites and a black Christmas Light Roast Coffee). When I fly I often download a sci-fi book on the kindle app. After eating I found a quiet place to relax and read. A few hours later it was time to board the Air Canada flight to Vancouver. While I waited to board I checked in on the weather and saw the whole southern half the British Columbia was unusually cold and it was dumping snow. Uh oh.

Photo from seat 17D on the flight from Denver to Vancouver on December 25, 2021

Most of the flight to Vancouver was smooth. Landing was a little delayed because of the weather and flights getting backed up. We circled a few minutes extra and then landed on a snow packed runway. Seeing all the snow (and hearing from my wife that it was snowing a lot where she was) I started to get more concerned about my next flight. I was also thinking that it wouldn't be that big of deal because it's Canada...they always must deal with snow, right?!? Wrong. It turns out Vancouver gets very little snow and is generally not all that cold. I hit the jackpot. The temp was -30 degrees C. The snow was piling up. My next flight was still showing on time.

Arriving to Canada for the first time since 2019, I was a little nervous about how customs was going to go. It turned out to be one of my easiest processes to date. They asked why I was arriving and where I was going. That was it and I was on my way...with a big smile on my face.

I already had a 4-hour layover in Vancouver. I found an out-of-the-way café (Joe and The Juice) that has great sandwiches (I ended up eating there a lot as you'll soon learn), shakes, and juice (the coffee isn't that good).



My routine during a long layover is to walk laps, then stop and read, then walk laps, then read, repeat until it's time to board. In 4 hours (plus 3 in Denver) I walked and read a lot...miles!

Ok, we are creeping up on time to board. Flights all around me are showing delays. My flight is still showing on time. Curious. We finally get a 30-minute delay and then that was upped to 45 minutes. It's still snowing outside. The gate area is chilly because there are 5 gates with 5 airplanes in various states of arrival/deplaning and departure/boarding. Kids are crying, curmudgeons are curmudgeoning, and I'm walking and reading.

We start the boarding process. The walk from the building to the plane was cold and snowy. The ground crew did a good job of clearing the walk area and kept it well salted. Once on board the pilot announced we would be delayed further because we needed to de-ice and then get in line for launch. The engines fired up and the inside of the plane was getting cozy warm along with the engines. We backed out of the parking spot and slowly made our way to the de-ice station. After getting hosed down we were soon moving again. And then the pilot kept driving, and driving, and driving. I was reading for quite a while when I realized we might be going in circles. Soon thereafter the pilot chimed in that he just gave us a tour of the back of the airport as they were waiting for visibility to improve so they could take off. It took so long we now needed to de-ice again. We lined up for de-icing but just sat there. About 30 minutes later we started moving again, did another lap of the tarmac and then came back to the de-ice station. We de-iced and then proceeded to head towards the takeoff runway. On the way there we stopped, sat for a few minutes, and then turned around. The pilot again chimed that we were instructed to head back to the gate. As we approached the gate several people around me (myself included) received notifications that we had been re-booked. It took another 15 minutes to finally get parked at the gate. We had been on the plane for over 3 hours.

Finish reading this epic tale here: [JasonTravelBlog – inspero \(insperoteam.com\)](https://insperoteam.com)

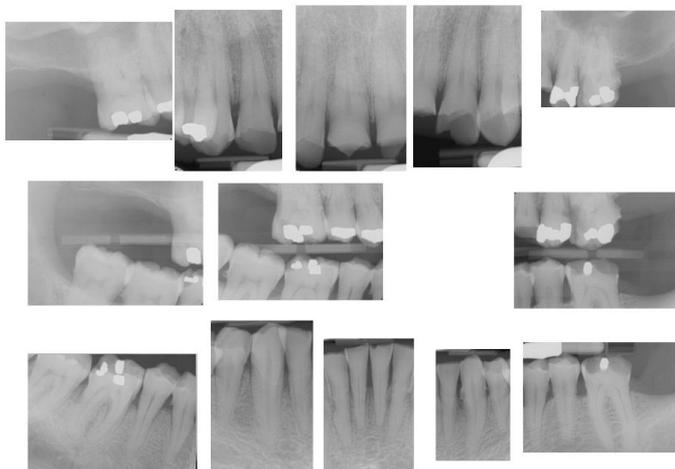
Treatment Planning



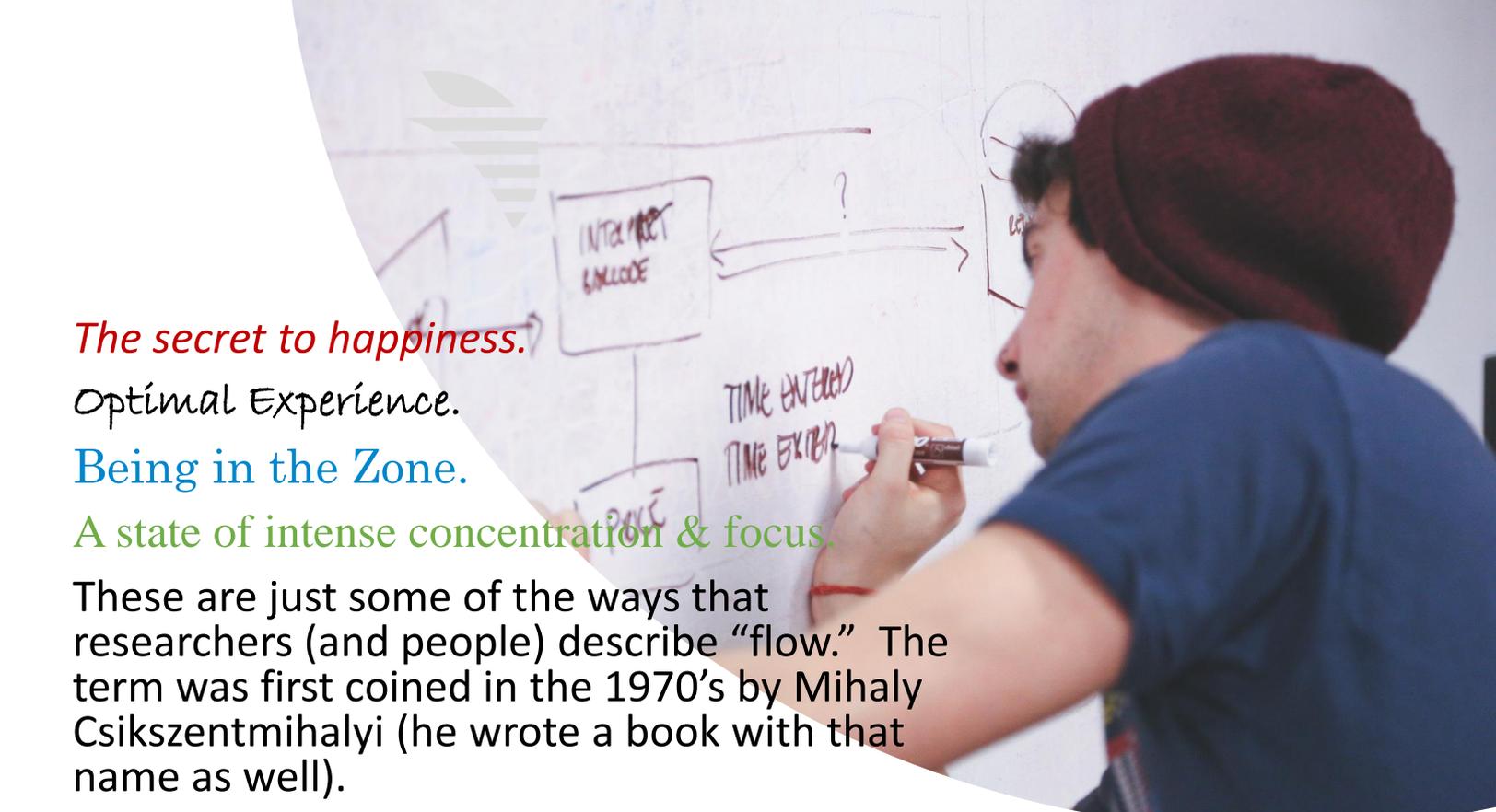
This 60-year-old male presented with a request to fix his teeth. He stated he has known for several years that they have been deteriorating. Now he notices occasional discomfort, food impaction and poor esthetics. He is open to knowing all his options and would like to avoid anything removable.

What would you do?

I'll share progress if/when it happens...



Share your thoughts with me: Jason@insperoteam.com



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These are just some of the ways that researchers (and people) describe “flow.” The term was first coined in the 1970’s by Mihaly Csikszentmihalyi (he wrote a book with that name as well).

Since that initial observation, neuroscientists have uncovered the building blocks of flow. They have also found the neurochemicals involved, activities that inspire the state, and the sequence of events you can use to achieve it for yourself and/or your team.

We will be using this space to share the history, research, and application of flow to help you achieve your ultimate purpose, passion, and vision.

Have you experienced flow? When?

Share your story with me: Jason@insperoteam.com

Or on our FB page: [Inspero Team | Facebook](#)

Flow

inspero





See us Live!

The New Patient
Experience
April 7-8, 2022
Austin, TX
www.insperoteam.com

Book a custom workshop
for your team:
Jason@insperoteam.com



RLF&A
Emotional Intelligence
November 3-5, 2022
www.frazeronline.com

Several of us will be at the AES meeting in February.
Come see us! www.aes-tmj.org
Creating Smiles is a Serious Business!