

23.11

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“The truly free individual is free only to the extent of his own self-mastery. While those who will not govern themselves are condemned to find masters to govern over them.”

— Steven Pressfield, *The War of Art*

Q
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D

Exploring Emotion

Gratitude – again!

Gratitude, as explained by Dr. Robert Emmons, is a two-fold process. First, recognize the good in your life. When doing this, get as specific as possible. Really dig in to any/all aspects of your life that you can think of something good about. Hold those items in your mind (or write them down).

Next, acknowledge that this goodness is sourced outside of yourself. How much of what you are grateful for lies outside of you? Who has helped you along the way?

Spend a few minutes writing down your list – and get specific with each item!

Robert A. Emmons, Ph.D., is the world's leading scientific expert on gratitude. He is a professor of psychology at the University of California, Davis, and the founding editor-in-chief of The Journal of Positive Psychology.

Values In Action

The annual reminder that
we have a free resource
available to you – our
Resilience Toolkit

Download it [HERE!](#)

A New Offering



That's right, we are exploring the addition of a clinical course! Ryan spends his days in comprehensive care. How would you like to spend a couple days in Ryan's office learning the process for comprehensive dentistry? If you attend, you will get detailed insight into the entire process from start to finish – including the conversations, records, photos, team involvement, and more!

Reach out to Ryan (ryan@insperoteam.com) or Jason (Jason@insperoteam.com) to get your name at the top of the list!

See you there in 2024 (March)



Fighting fires with...Mushrooms!

“Boulder County’s taxpayer-funded [climate innovation fund has staked](#) Boulder Mushroom, the watershed collective, and Grama Grass & Livestock with a \$100,000 grant to expand research on mushroom treatment of forest floors.”

Is the future of fire fighting and forest re-growth going to be in the hands of the mycologists? What do you think this might mean for the future of forest fires?



“You can feel this and it’s actually spongy to the touch,” Hedstrom says, as the murmuring crowd nods and reaches reverently for soil that is apparently on a miraculous journey back to health.”



[Colorado's latest tool to fight forest fires: Mushrooms \(coloradosun.com\)](#)

To do

NEW!!

Interested in elevating your clinical skills this coming March? Shoot us a message to get on the list.

Mark your calendar for 2024:

EI: April 19-20
NPE: Oct. 25-26

Doing

New Patient Experience Testimonial! The 2023 NPE was just held in Austin, TX. The reviews are rolling in...

"I did however like the opportunity to have learned so many skills which I'm already using in the office with my patients. Having my patients feel like my office is not like the rest is a good feeling." –A.B.

Check out the [Adaptive Strategy info](#)

Done

Open the Inspero Newsletter

[Listen](#) to the Inspero Podcast! (more podcast platforms added this month)

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