



Connect with the Life You Want

One of the most important aspects of healing is life outlook. After realizing that setting intentions with my patients streamlined both their care at my hands and their own path to healing, I require every one of my patients to go through this process.

I ask each patient exactly why they are seeing me and what they want. Goal-setting is a core aspect of stimulating neuroplasticity. It is up to you to decide what you want your life to look like, what you want in it, and then pursue those dreams. Otherwise, you are still focused on the problem, not the solution.



It is critical to connect with your personal life vision, regardless of the level of your pain and suffering. How else will you be able to move forward? Developing your personal “business plan” is a major step in accomplishing this.

“It’s always something”

There are significant obstacles to achieving what you would like. When you are young, it is lack of knowledge and resources. Then you are deeply enmeshed in your training and often you may have started a new family.

Finances frequently require “giving up your dreams” in order to just make ends meet. If you think about the big picture, we have a lot of dreams but seldom execute to attain even a fraction of them. What happened?

“It is not true that people stop pursuing dreams because they grow old.

They grow old because their dreams are crushed by anxiety.”

David Hanscom

Modification of Gabriel Garcia Marquez quote

We are so programmed to survive that we don't understand the importance of creating a vision and then following through on it. Where would most of us have learned this skill? Then, we are not effectively processing environmental challenges, so we are trapped by anxiety that seems normal – except that we are getting crushed by it. You cannot just use positive thinking to break out of this cycle.

It is important to de-energize and free yourself from anxiety, then your creativity can emerge. That is why you must first learn the skills to break out before you can move forward. But this is still not enough. What is your vision? What do you really want out of your life? Creating a personal business plan can help you achieve your goals.



Assume that your life is a “business” and that there are certain short and long-term goals you would like to achieve. As with any business start-up, the chances of success are low without a written plan – the more detailed the better. Outside input and discussions with involved parties adds important dimensions.

Here are some questions to start with:

Where am I now?

Where do I want to go?

How am I going to get there?

Dare yourself to dream again and be realistic about what is possible. Then do it. The solution for chronic pain lies in moving away from it and into the life you desire.