

# Baseline Chiropractic Assessment Questionnaire

*Discover Your Odds of Practice Success in 2017*

*Having helped nearly 1,000 DCs for the past 2 decades, I've learned a lot about guiding DCs to go from where they are to where they want to be. Most DCs know they are stuck, but much like weight loss, they can't produce the results they desire on their own. Just by filling out this questionnaire, you are taking the first step toward the solution. You will never look at your practice (or yourself) the same again. Almost like a credit card score, you will know where you stand and the path to improvement will be carefully explained to you. Once this is filled out, you will schedule (or be scheduled) for a video/ virtual consultation or go 'old school' and have a phone call with me. The choice is yours.*



**1) In order for Dr. Kevin to get a 'virtual fingerprint' of who you are please fill out, in your own words a world view. (example on back page)**

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**2) Rate yourself on a scale of 1-10 in the following areas. (1) Meaning you are nowhere near where you'd like to be, (10) meaning that you are exactly where you want to be.**

- Practice:**
- Significant other relationship:**
- Family:**
- Health:**
- Finances:**
- Hobbies:**
- Sense of overwhelm:**
- Emotions:**
- Practicing the way you want:**
- Satisfaction level in Chiropractic:**

**3) What is your belief in Chiropractic?** (Adult/musculoskeletal only, Kids, Difficult Cases, do you offer wellness?) **What does your practice look like?** (VSC, pain based, rehab, essential oils, modalities, MD/DC practice, etc.)

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**4) How many hours a day do you spend on your cell phone, computer and social media?**

- A. 1-4 hours
- B. 5-10 hours
- C. 10-16 hours
- D. I shower with my devices

<b>5) Office statistics:</b>	Current	Goals for the next 12 months
Patient visits per week:	_____	_____
New Patients per month:	_____	_____
Income per month:	_____	_____

**6) Average recommendations for care?**

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**7) Does Chiropractic bring purpose and meaning into your life or is it more of a way to earn a great income? Have you ever done Chiropractic missionary work?**

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**8) How often do YOU get adjusted?**

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**9) State 3 specific outcomes that MUST happen in your life in the next 12 months.** Pick goals or outcomes that will change your life in a HUGE way, and they don't have to be office-related. Think and dream BIG!

1)

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2)

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3)

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**10) In your own words, what is your biggest frustration preventing you from achieving what you want?** Example: overwhelmed, they don't know where or how to start, lack of insurance coverage, lack of supportive spouse exc.

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**11) Detail a story of when you were younger that you were placed in circumstances that you didn't ask to be put in (divorce, death of parents, moving, not making sports teams, sickness, etc) and as tough as it was then looking back it was one of the things that made you strong and you are now proud of your 'badge of honor'.**

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**12) What's your biggest concern about your office?**

- A. I feel successful though I know I don't look it so much on paper
- B. How to find enough new patients to cover overhead expenses
- C. You are already successful but want to take your practice to another level
- D. You want to see more children in your office but don't know how

**13 ) Who do you call on for support?**

- A. Spouse
- B. Friends
- C. Parents
- D. Online coaching
- E. Just winging it

**14) Is there a colleague or DC that you know personally that is earning 3,5,10x what you are and how do you explain their success?**

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**15) What balance do you currently have between your professional and personal life?**

- A. I don't know how it's possible to have relationships or a family & be a DC!!
- B. I usually only see my family and/or friends on the weekends and even then, I am still stressed and tired from the week
- C. I work 4 days max a week, spend time with my family and friends, and have a comfortable income to take vacations throughout the year

**16) In your own words, what do you consider to be your obstruction to personal and professional growth? Please include any stories you keep telling yourself as to why you can't be successful.**

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**17) Are you seeing kids? (circle one)**

Yes / No

**If no, would you at least be open to begin seeing kids?**

Yes / No



# Worldview Examples

## E's Worldview

I am the youngest of 5 children, and a twin. I was also involved in theatre: comedies and musicals. It felt great to make people laugh. So I grew up constantly seeking people's approval; whether it was approval from my parents by behaving and doing well in school, or approval from audiences in the form of applause and laughter. There's my deep roots of being a people pleaser. That background isn't so terrible though! I learned through experience the rewards of hard work: respect, recognition from peers and superiors, personal gratification. I really do put my best forward. I don't believe failure is a bad thing necessarily (great lessons can be found in failure), but it is something I am still uncomfortable with. Because of growing up overweight & with self esteem issues, I'm also uncomfortable with critique. I'm really trying to get over this! Because how can I grow without this? Unfortunately most comments, even if constructive with good intention, stick right into me and I have trouble letting them run off without throwing me off.

I did community service work throughout school and college. I don't know why exactly, I never really had a reason, but it feels right and fulfilling to help others. And I understand now some of that is getting involved in the community. I really value togetherness and relationships. I've done some traveling abroad, and my greatest memories are always from the times that I've "couchsurfed". That is, stayed with locals, interacted with their families, and learned about them and their culture. The people are what seem to make a place so special.

After going to the Reservation that value of community stands out to me even more. The feeling is completely different walking through abandoned streets--an eerie diseased silence--then contrasted with the life and energy of Fun Day. People walking around without a heaviness of fear, smiling and interacting with each other. Community is truly a powerful thing. And the possibility of chiropractic elevating the level of consciousness within a place or an individual really struck me for the first time on that Boot Camp trip.

## Z's Worldview

Growing up in a small health conscious rural farming community in southwestern Wisconsin has imprinted upon me some very distinctive views on life. Vegetable farming is very labor intensive in nature, molding a mindset that handwork is always what it takes to get the job done. Simultaneously, I was unconsciously fostering a poverty mindset due to the nature of the environment. On the farm, there was never enough money. Whenever anything broke, we fixed it. All the equipment was used. To reinforce this idea of financial insecurity, my mom went back to school during my high school years for the purpose of making more money. Then the market crashed, nobody was hiring, so back to square one in the family dynamic, not enough money. Throughout undergrad I was completely financially independent, working 25-30 hours a week at customer service jobs, lifeguarding, donating plasma twice a week, etc while also attending classes full-time. I worked hard and made it through undergrad, still unconsciously reinforcing my belief that there is never enough money and that it took hard work just to get by, for that was my experience. Today I finally realize the impact this is having on my personal growth. I cannot be the most impactful version of myself with such a chained down negative belief that has been reinforced for years.

I have always been the outsider for as long as I can remember. During junior high and high school I was on the upper echelon of athletic ability, however the private school I went to did not have an outlet for this strength. At the school I was the super athletic kid that none could get along with because of how physically superior I was. I went to the local public school for sports activities where I was further shunned as the outsider because I came from the local hippie school. The psychology I experienced during that time frame was significant, especially in the emotional bullying respect. These experiences have developed to a belief that I will always be an outsider. This of course leads down the rabbit hole of not being accepted for how different I am. My whole worldview on life is so DRASTICALLY different from what the typical member of society thinks I can sometimes hardly speak to people or find the empathy to relate.

Another significant chapter of my personal story is traveling. I travelled to Spain right after high school all on my own to work on a farm as an intern. The most memorable experience I have in Spain was taking the sheep up the mountain for grazing on a daily basis. It was during these trips of solitude that I realized I wanted to be a Chiropractor. Totally disconnected from society, deeply connected with the earth and nature, I found a profound connection with Source. The experience was twofold for I also realized that I could do ANYTHING I set my mind to. This experience or connection with what I felt with a higher power reoccurred in India, specifically at a Gandhi Ashram where a group of us were adjusting the local children that lived in the nearby slums. Of my travels I have learned two impactful lessons; One, we are all connected on this earth, and two, love is the most powerful force. Of these two things I am certain.