

A person is shown in silhouette, performing a yoga pose (Urdhanva Dhanurasana) on a beach at sunset. The person is standing with their feet together, arms raised, and back arched, holding their feet. The background shows the ocean with waves and a sunset sky with mountains in the distance. The text is overlaid on the image in a large, white, sans-serif font.

**More Money**  
**More Time**  
**More Freedom**

# RULES OF ENGAGEMENT ;-)

## You will need:

- Camera on (you'll be doing peer workshopping in small groups so it's important to see your face)
- To have every person in your team on a separate device for breakouts. They need to be logged into this call on zoom and muted while not in breakouts.
- Right click on the three lines on your thumbnail & change your name on Zoom & add your Quest status to the front of your name. eg. CT (Captains Table), O (Ocean), T (Team) or G (Guest)
- Play full on
- Move fast - a fast game is a good game
- Remember that all of us is smarter than any one of us

More Freedom?

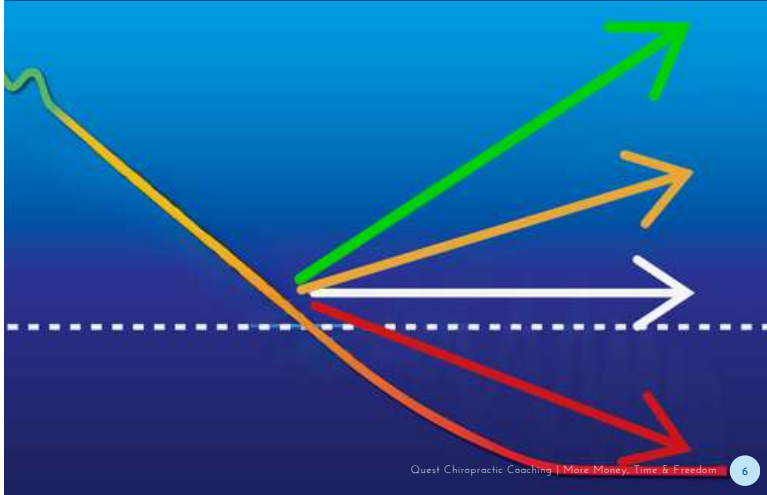
More Time?

More Money?

# Your Compelling Future: “The Lifestyle Practice”

Leverage (Money)	Intention (Purpose)
Attention (Time)	State (Energy)

## HOW LONG IS YOUR TIME FRAME?



Quest Chiropractic Coaching | More Money, Time & Freedom

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## YOUR PRESENT STATE



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“A slip on a snowy sidewalk in winter is a SMALL thing. It happens to millions.  
A fall from a ladder in the summer is a SMALL thing. It also happens to millions.

The slip or fall produces a subluxation. The subluxation is a SMALL thing.

The subluxation produces pressure on a nerve. That pressure is a SMALL thing.

The pressure cuts of the flow of mental impulses. That decreased flowing is a SMALL thing.

That decreased flowing produces a dis-eased body and brain. That is a BIG thing to that man.

Multiply that sick man by a thousand, and you control the physical and mental welfare of a city.

Multiply that man by a million and you shape the physical and mental destiny of a state.

Multiply that man by one hundred thirty million, and you forecast and can prophesy the physical and mental status of a nation.

So the slip or fall, the subluxation, pressure, flow of mental impulses and dis-ease are big enough to control the thoughts and actions of a nation.

Now comes a man. Any one man is a SMALL thing.

This man gives an adjustment. The adjustment is a SMALL thing.

The adjustment replaces the subluxation. That is a SMALL thing.

The adjusted subluxation releases pressure upon nerves. That is a SMALL thing.

The released pressure restores health to a man. That is a BIG thing to that man.

Multiply that well man by a thousand, and you step up the physical and mental welfare of a city.

Multiply that well man by a million, and you increase the efficiency of a state.

Multiply that well man by a hundred thirty million, and you have produced a healthy, wealthy and better race for posterity.

So, the adjustment of the subluxation to release pressure upon nerves, to restore mental impulse flow, to restore health, is big enough to rebuild the thoughts and actions of the world.

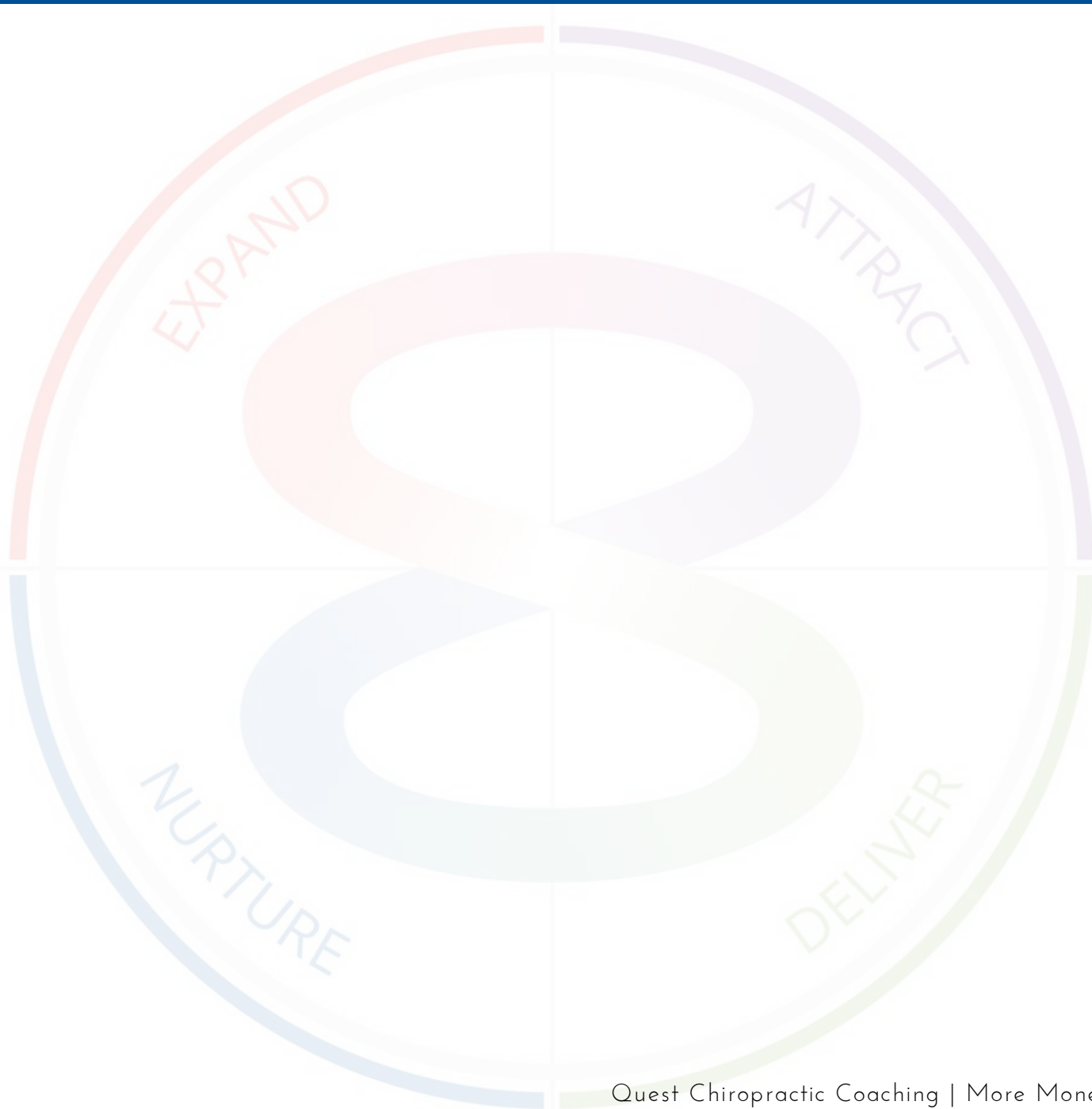
The idea that knows the cause, that can correct the cause of dis-ease, is one of the biggest ideas known.

Without it, nations fall; with it, nations rise.

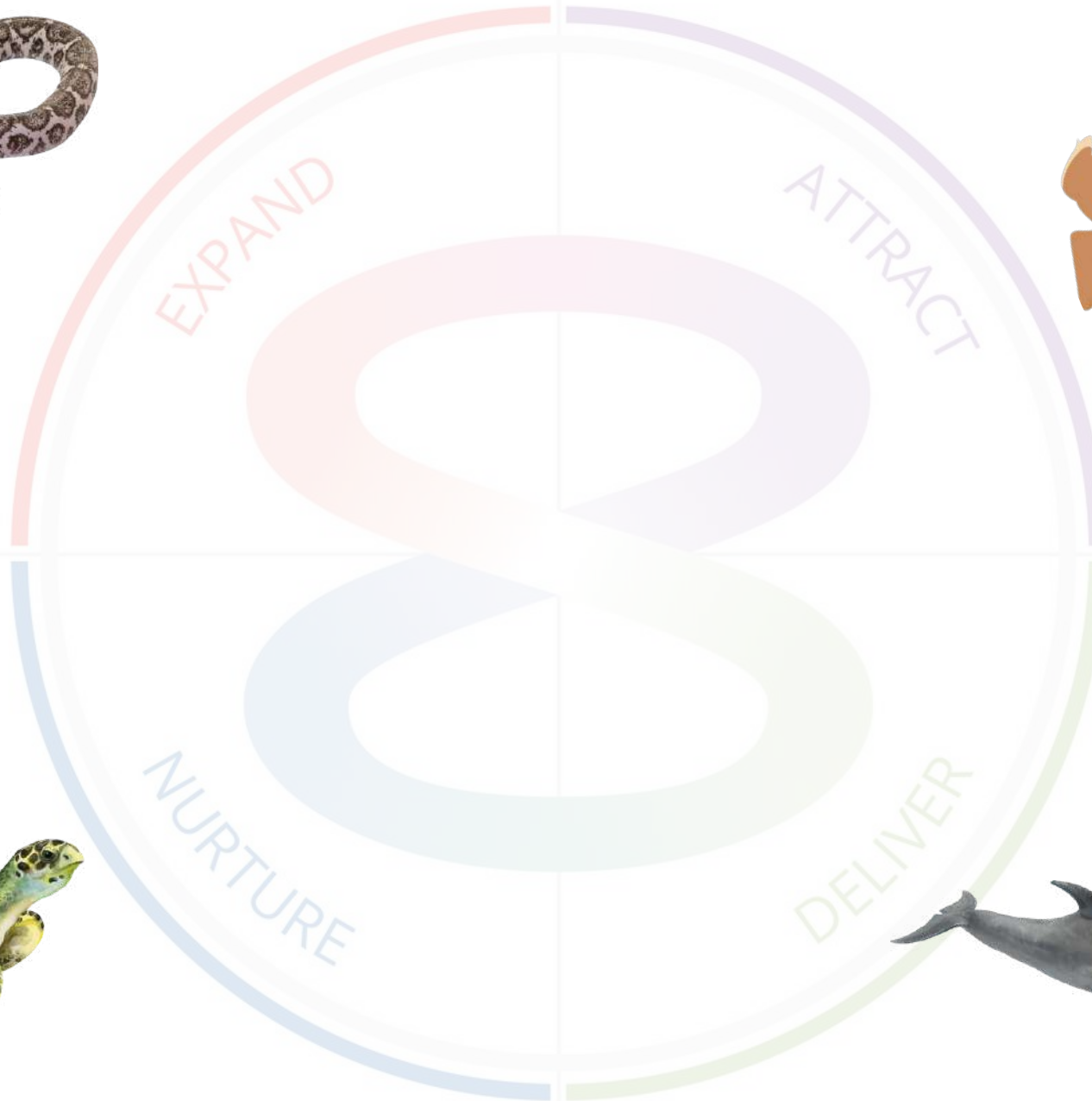
This idea is the biggest I know of.”

- Dr B. J. Palmer 1944

# WHAT ARE THE SMALL THINGS STOPPING YOU FROM HAVING FREEDOM?



# TIME PERCEPTION:





# DEFAULT DIARY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30-05:00	WAKE TIME	WAKE TIME	WAKE TIME	WAKE TIME	WAKE TIME	WAKE TIME	WAKE TIME
5:00-5:30	GREG GYM	WAKE TIME	GREG GYM	WAKE TIME	WAKE TIME	GREG OUTDOOR TIME	
5:30-6:00	GREG GYM						
6:00-6:30		FAMILY TIME	GREG COACHING CALLS	FAMILY TIME	FAMILY TIME		
6:30-7:00	FAMILY TIME	GREG CONSULT HOURS		GREG CONSULT HOURS	GREG CONSULT HOURS		
7:00-7:30	SCHOOL RUN						
7:30-8:00	GENUS TIME						
8:00-8:30							
8:30-9:00							
9:00-9:30							
9:30-10:00							
10:00-10:30							
10:30-11:00							
11:00-11:30	TEAM MEETING						
11:30-12:00							
12:00-12:30							
12:30-13:00	GREG ORGANISATION	GREG ADMIN		GREG ADMIN	GREG ADMIN		
13:00-13:30							
13:30-14:00	GREG CONSULT HOURS	GREG CONSULT HOURS	FAMILY TIME	GREG CONSULT HOURS			
14:00-14:30							
14:30-15:00							
15:00-15:30			SWM LESSON				
15:30-16:00			FAMILY TIME				
16:00-16:30							
16:30-17:00							
17:00-17:30							
17:30-18:00							
18:00-18:30			DINNER/BATH BED		DINNER/BATH BED	DINNER/BATH BED	
18:30-19:00	GREG FILMING/EDITING						
19:00-19:30							
19:30-20:00	GREG & ELS DINNER	GREG & ELS DINNER	GREG & ELS DINNER	GREG & ELS DINNER	GREG & ELS DINNER	GREG & ELS DINNER	
20:00-20:30							
20:30-21:00							
21:00-21:30							
21:30-22:30	BED TIME	BED TIME	BED TIME	BED TIME	BED TIME	BED TIME	BED TIME



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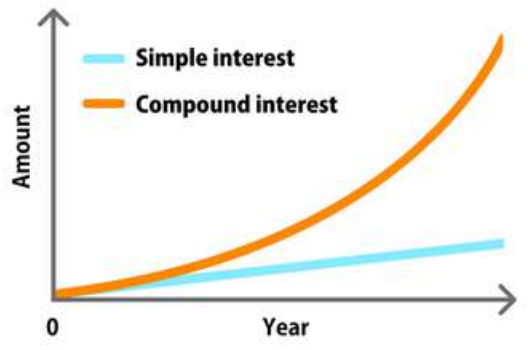
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# BREAK



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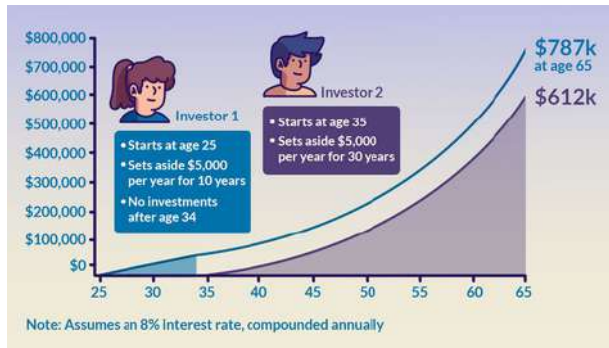
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# COMPOUNDING



THE COLLEGE INVESTOR

### Rule of 72

Rate of Return	Years to Double	Rate of Return	Years to Double
.25%	288	11%	6.5
.5%	144	12%	6
1%	72	15%	4.8
2%	36	18%	4
3%	24	20%	3.6
4%	18	25%	2.9
5%	14.4	30%	2.4
6%	12	40%	1.8
7%	10.3	50%	1.4
8%	9	60%	1.2
9%	8	70%	1
10%	7.2		



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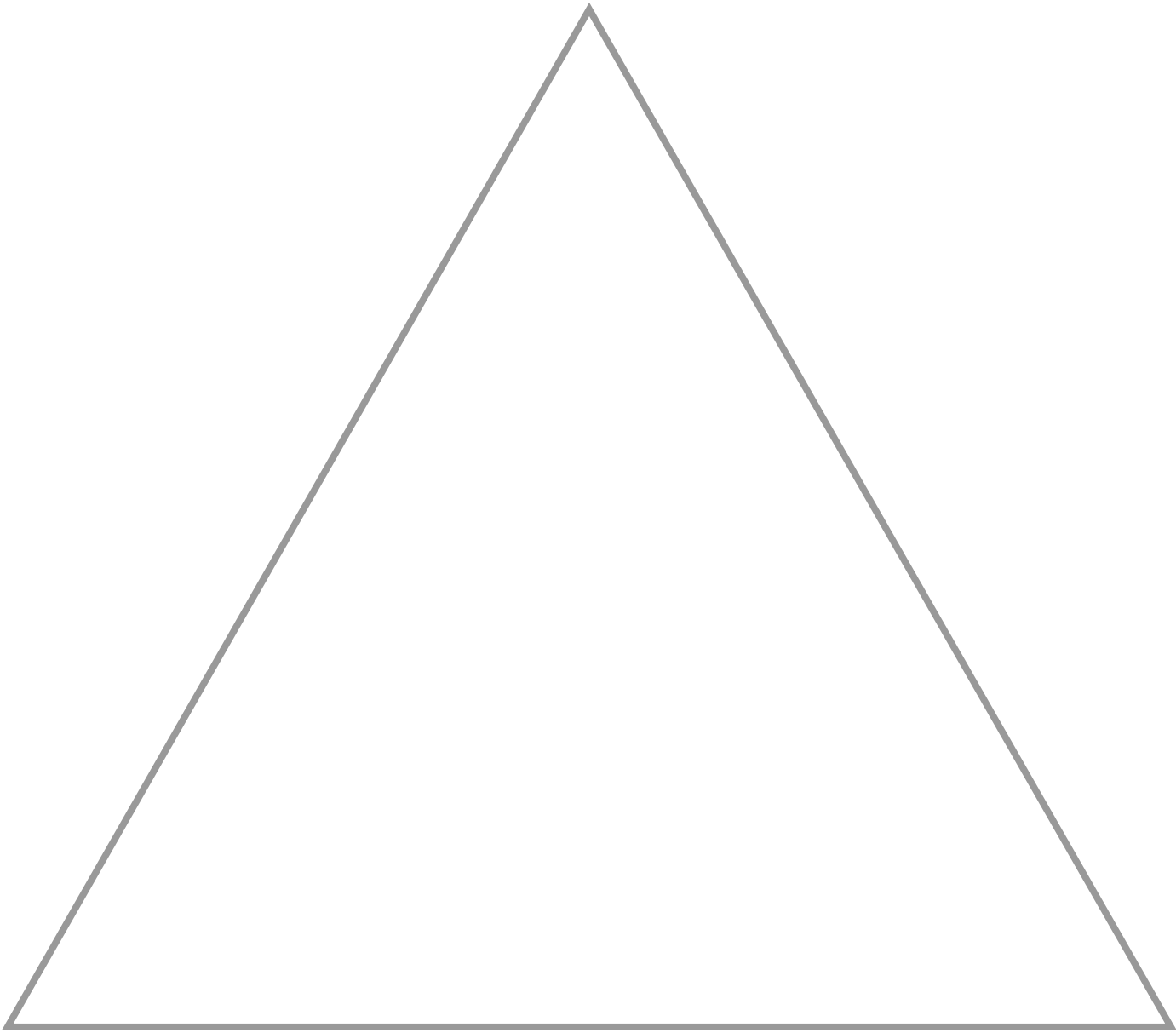
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# FORCED SAVINGS AND INVESTMENTS





# 8 Week Navigation

# Reflections on Last 8 weeks

*The Ocean*

Past	Present	Future
<p>What are you most proud of?</p> <p>Wins                      Why</p> <p style="text-align: center;"> </p>	<p>What are you most confident about?</p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>	<p>What are you most excited about?</p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
<p>What's worked and hasn't worked?</p>	<p>3 Wins</p>	<p>3 Lessons</p>

Picture of Your Storyboard

**Brain Dump Here -**

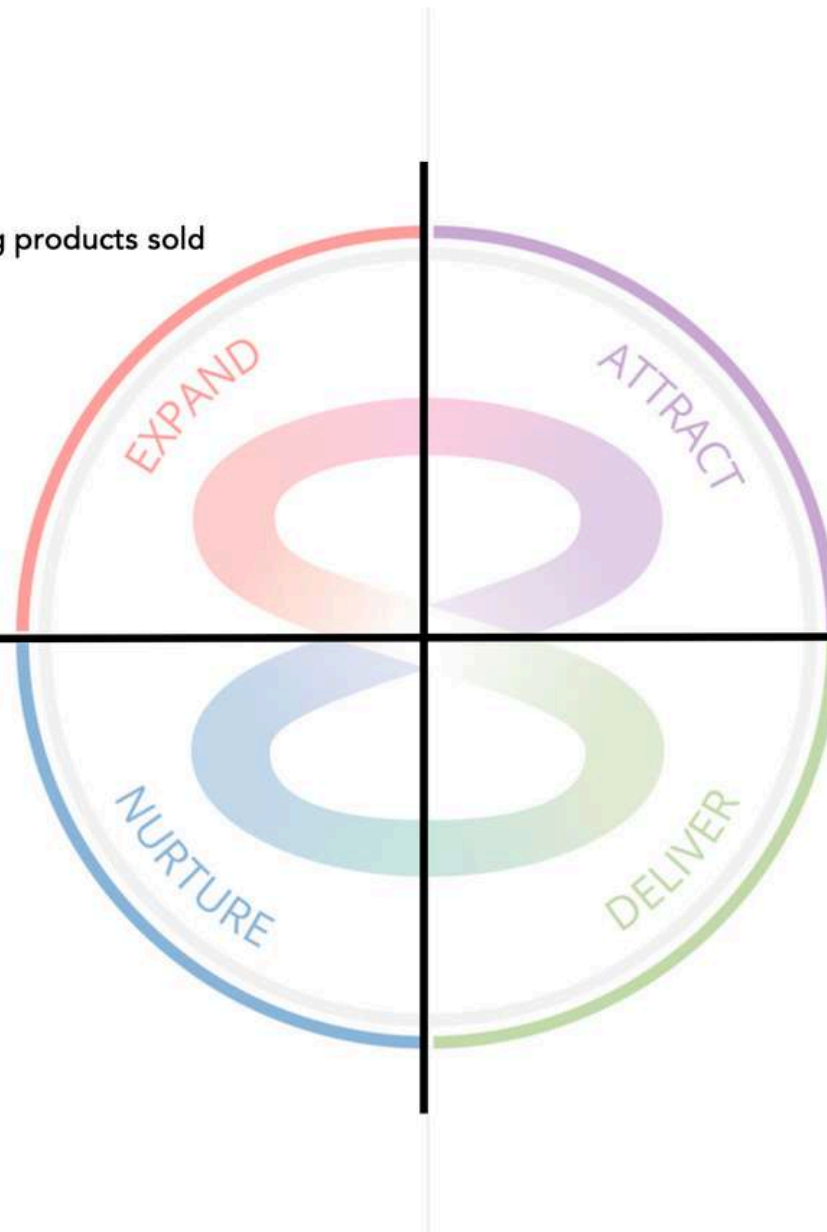


## **Revenue for last month**

Total amount of money collected including products sold

## **New People (ROF visits) for last month**

A new person is someone who starts care, easiest measured as number of Report of Findings visits (ROF)



## **PVA (6 months rolling average)**

**Total visits for last month**  
All visits including initial consults

PV /Month	Income /Month	Income /Year	ATTRACT	NURTURE	DELIVER	EXPAND
1500	87,000	\$1 mil +	<ul style="list-style-type: none"> <li>Curiosity</li> <li>The Next Iteration</li> <li>Collaborative partnerships</li> </ul>	<ul style="list-style-type: none"> <li>Operations Manager</li> <li>Publish</li> <li>Scientific Contribution</li> </ul>	<ul style="list-style-type: none"> <li>Optimisation of Resources</li> <li>Clinical Contribution to Profession</li> <li>Wayshower Governance</li> </ul>	<ul style="list-style-type: none"> <li>Political Influence</li> <li>Growing Legacy</li> <li>Equity Sell-Offs</li> </ul>
1300	75,400	\$900k	<ul style="list-style-type: none"> <li>Completion</li> <li>Generative Sessions</li> <li>Patterns</li> </ul>	<ul style="list-style-type: none"> <li>Impact on Profession</li> <li>Playing the Long Game</li> <li>Board of Directors</li> </ul>	<ul style="list-style-type: none"> <li>Branded by Technique</li> <li>Chiropractic Finishing School</li> <li>Internal Mentoring</li> </ul>	<ul style="list-style-type: none"> <li>Multiple Income Streams</li> <li>Comperation</li> <li>Business Model 301</li> </ul>
1100	63,800	\$760k	<ul style="list-style-type: none"> <li>Community</li> <li>Congruence</li> <li>Events Driven Practice</li> </ul>	<ul style="list-style-type: none"> <li>Profitability</li> <li>Team Empowerment</li> <li>in8model - Associates</li> </ul>	<ul style="list-style-type: none"> <li>Team ascension</li> <li>Executive Assistant</li> <li>Personal Care - 301</li> </ul>	<ul style="list-style-type: none"> <li>Public Speaking</li> <li>Financial Contribution</li> <li>Reoccurring Income</li> </ul>
900	52,200	\$625K	<ul style="list-style-type: none"> <li>Redesign</li> <li>PM Ascension</li> <li>Attracting Associates</li> </ul>	<ul style="list-style-type: none"> <li>Practice Layout</li> <li>Associate Driven Practice</li> <li>OPM - Expand</li> </ul>	<ul style="list-style-type: none"> <li>Transferable Protocols</li> <li>Contact hours/% of income</li> <li>Personal Care - 201</li> </ul>	<ul style="list-style-type: none"> <li>Free Up A Day</li> <li>Investment Strategies</li> <li>Seeding Practices</li> </ul>
700	40,600	\$490k	<ul style="list-style-type: none"> <li>Communication 201</li> <li>Cultivating Chiropractors</li> <li>Team Centred Mission</li> </ul>	<ul style="list-style-type: none"> <li>Debt Reduction</li> <li>Operational Cascade</li> <li>OPM - Deliver</li> </ul>	<ul style="list-style-type: none"> <li>Time &amp; Motion</li> <li>Meetings the Matter</li> <li>Tech CA</li> </ul>	<ul style="list-style-type: none"> <li>Statistics</li> <li>Wealth Building</li> <li>Business Model 201</li> </ul>
500	29,000	\$350k	<ul style="list-style-type: none"> <li>Physical Marketing</li> <li>Culture</li> <li>Client Centred Mission</li> </ul>	<ul style="list-style-type: none"> <li>3rd Phase - Optimisation Care</li> <li>in8model - Business</li> <li>OPM - Nurture</li> </ul>	<ul style="list-style-type: none"> <li>Educational Plan</li> <li>Internal Referrals</li> <li>Personal Care 101</li> </ul>	<ul style="list-style-type: none"> <li>Default Diary</li> <li>Holidays</li> <li>Congruence</li> </ul>
300	17,400	\$210k	<ul style="list-style-type: none"> <li>Annual Marketing Plan</li> <li>The Journey - QPFLTC</li> <li>Automated Lead Generation</li> </ul>	<ul style="list-style-type: none"> <li>2nd phase - Regenerative Care</li> <li>Storyboards</li> <li>OPM - Attract</li> </ul>	<ul style="list-style-type: none"> <li>Clinical Clarity</li> <li>State Control</li> <li>Communication - 101</li> </ul>	<ul style="list-style-type: none"> <li>The Super CA</li> <li>Management</li> <li>Business Model 101</li> </ul>
200	11,600	\$140k	<ul style="list-style-type: none"> <li>Purpose, Outcomes</li> <li>Bay 5 - Mission</li> <li>Bay 1 - Beliefs</li> </ul>	<ul style="list-style-type: none"> <li>1st Phase - Stabilisation Care</li> <li>Bay 6 - Strategy</li> <li>Bay 2 Organisation</li> </ul>	<ul style="list-style-type: none"> <li>Visits 1&amp;2</li> <li>Bay 7 - Design</li> <li>Bay 3 - Engagement</li> </ul>	<ul style="list-style-type: none"> <li>Money</li> <li>Bay 8 Leverage</li> <li>Bay 4 - Empowerment</li> </ul>

\* Based on per visit of 58

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# 8 Week Leg Compass Until: 7 September

[Fill in the Fillable PDF 8 Week Leg Compass](#)

Please complete this and send it to us by [clicking here.](#)

# 8 Week Leg Compass Until:

Our Practice Vision	<input type="text"/>
12 Months Goals	<input type="text"/>

## Measure of Success

What will you measure to know that you are successful?

## Focused Intention

What's our focus for this 8 Week?

## Impact & Effect

Why is what we do so important?  
What effect does it have on people?

## Behaviour

How will you show up?

Consequence

Reward

[Please complete this and send it to us by clicking here](#)

# 2024 PROJECT FILTER

Problem   What problem are we solving?
Impact   What difference will it make?
Outcome   What does "done" look like?

WHAT ARE THE (1-6) BIG CHUNKS OF WORK TO DO?



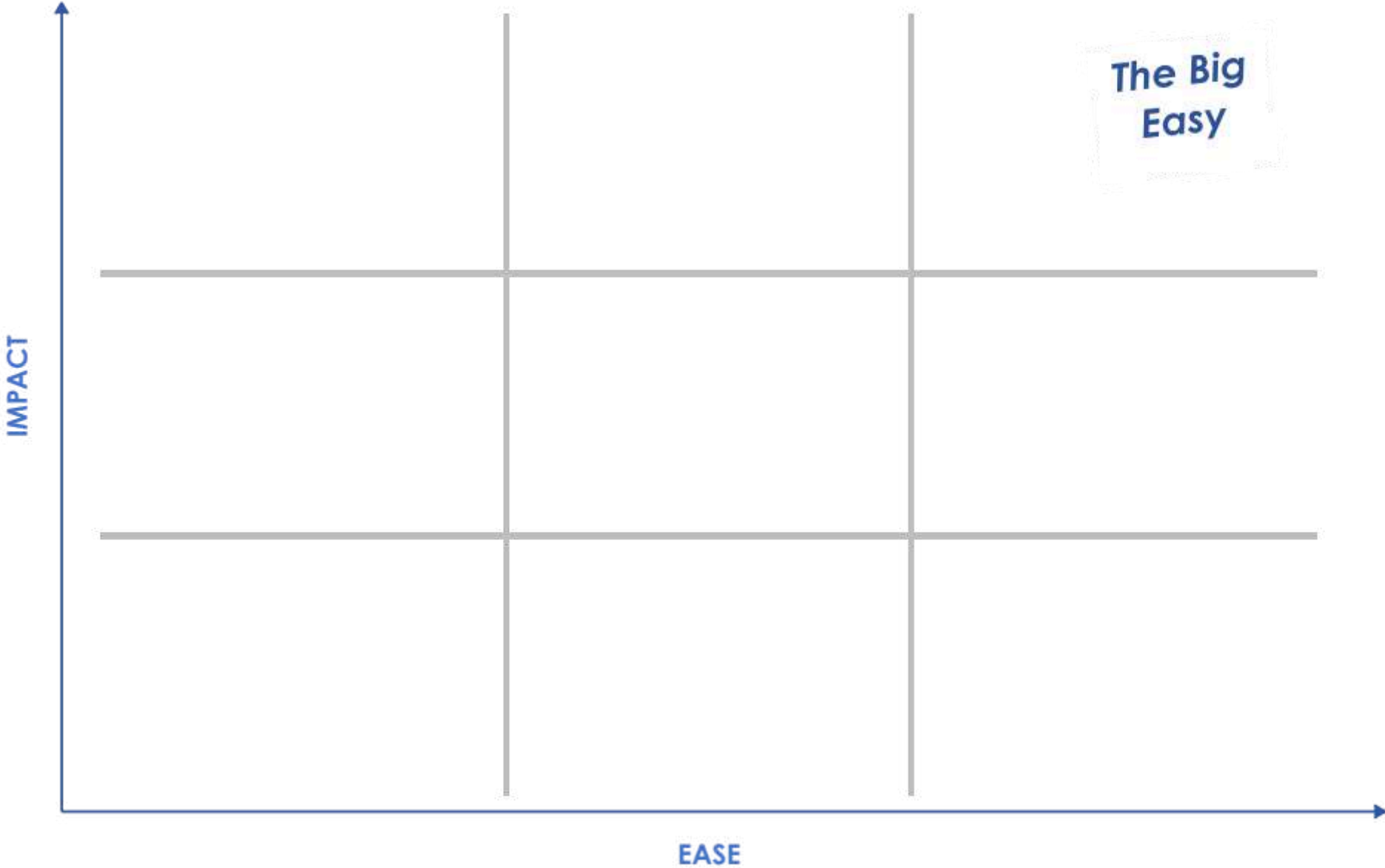
WHAT ARE THE (1-3) NEXT ACTIONS TO GET STARTED?

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# The Impact Planner



*The Ocean*

# BREAK



# Demystifying The New Economy



# Cryptocurrency & Wealth Management

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# Take The Guided Tour



## Introductory Course (Part 1)

- Buying & Selling
- Trading
- Secure Crypto Storage.

## • Advanced Course (Part 2)

- Decentralised Finance (DeFi)
- NFTs & DAOs
- The broader crypto ecosystem



**More Money**  
**More Time**  
**More Freedom**