



SOUTHERN ARIZONA  
ENDODONTICS

A Professional Corporation



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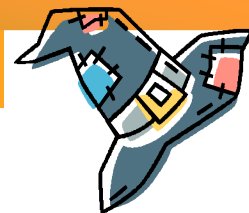
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# Pulp Faction

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“Challenge is a dragon  
with a gift in its mouth....  
Tame the dragon and the gift is yours.”  
-Noela Evans

**National Customer Service Week, Oct. 5-11.** Created to raise awareness of the importance of customer service, and also an opportunity to say “thanks” to those people who strive to satisfy customers and create a pleasant relationship between buyers and sellers. More information is available at <http://www.nationalcustomerserviceweek.com/Default.aspx>

**HOPE FEST VOLUNTEER REMINDER!!!**  
**Saturday, October 24th**  
**PLEASE, PLEASE SIGN UP!! WE NEED YOUR HELP!!**  
**Contact Dean Hauseman @ 917-2355**



**Dates to Remember :**

**October 1st**  
World Vegetarian Day

**October 12th**  
Columbus Day

**October 31st**  
Halloween

**National Breast Cancer Awareness Month**

**National Adopt a Shelter Dog Month**

**Feeling unmotivated? Review this checklist to restoke your fire**

Even cheerleaders lose their enthusiasm from time to time. If you're feeling sluggish and unmotivated, reviewing this checklist may help you reignite your spark:

- **Purpose.** Why are you here? Sometimes people get so caught up in daily responsibilities that they lose sight of the big picture. Remind yourself why you chose this field, this organization, this role.
- **Expectations.** Are your goals realistic or do you expect too much of yourself? It's hard to muster a lot of enthusiasm when you're so overwhelmed that you barely have time to breathe. Reconsider your priorities and look for ways to cut your workload.
- **Connection.** Do you see a gap between what you do every day and where you want to be in your career? Try connecting the dots. You'll be more committed to your tasks if you can view them as steps in the right direction.
- **Assistance.** Are you in over your head? Don't be afraid to ask for help from mentors, bosses, colleagues, and employees. If you stubbornly insist on taking responsibility for more than you can handle, you'll wind up burning out.
- **Distractions.** Are you struggling with personal issues? Simmering personal problems can drain attention and energy from your work life. Consider taking time off or seeking professional help to resolve your issues.
- **Scheduling.** Do you allow yourself enough time to focus on each of your duties? Poor scheduling can leave you frazzled and frantic. Rework your schedule to ensure you set realistic deadlines.
- **Negativity.** Are you your worst enemy? If you spend a lot of time beating up on yourself for your perceived inadequacies, you're undermining your own motivation and progress. Stop obsessing about perfection and start recognizing—and rewarding—your own accomplishments.

—Adapted from “10 tips for motivation,” on the George Washington University Counseling Center Web site



“All life is an experiment.  
The more experiments  
you make, the better.”  
-Ralph Waldo Emerson

