

Page 1 of 1

**What Is the Purpose of the **Motivation** a Healthcare...**  
professional (MD, Chiropractor, Dentist) makes on you when you visit their office?  
[https://optimalhealthsecrets.com/library/WellnessRiskManagement/what-is-the-purpose-of-the-motivation-a-healthcare\(1page\).pdf](https://optimalhealthsecrets.com/library/WellnessRiskManagement/what-is-the-purpose-of-the-motivation-a-healthcare(1page).pdf)

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**Motivation** comes after **Measurements**, **Assessments**, and **Identification**, and **Prioritization** and will also be about what is pertinent to you, the Participant, in the **WellnessRISKManagement** program. Health care professionals do this automatically based on their training and experience. We do it too. Motivation in the Wellness Field is often done very poorly by all health care professionals. They will throw some things out for you but will expect you to do your own due diligence and follow through. This is where the problems very often come into play. Life gets in the way of well laid plans. “I’m too busy right now. I’ll get to it later. I don’t LIKE that. I can’t do that.” Etc. Etc. Etc. On and on it goes then suffering comes along and early death arrives on the doorstep. At that time it is difficult to recover. It is difficult to then make it to 115 years old with good mental health, physical health and robustness so that life is still enjoyable.

The solution is in PREVENTION. Only YOU can PREVENT Forest Fires! Oh hold it, that is Smokey the Bear’s line. Well, we are going to borrow it. “**Only YOU can PREVENT Early Death.**” Early death meaning not making it to 115. We don’t have a Mascot yet. Working on it. Next will come **hard work in Tutorial Workshops**. That’s where your work gets done.

[Back to \*\*PRIORITIZATION\*\*](#)

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- *Cheating on Dr. Ouellette’s Anti-Inflammatory Pain Relief Diet* (2006, 2014 Second Edition)

- Dr. Ouellette’s Five Pillars of Optimal **Health** Secrets

- **Wellness RISK Management (WRM)** Model

- Library of articles <https://OptimalHealthSecrets.com/library.html#wrm>

### Making Wellness A Priority

**Measure - Assess - Identify - Prioritize - Motivate**

<https://WellnessRISKManagement.com>

<https://WellnessRISK.com>

<https://ManagingWellnessRISK.com>

<https://ChronicDiseasePreventionStrategies.com>

<https://OptimalHealthSecrets.com>

<http://PainReliefDiet.com>

<https://WellnessWithPain.com>

<https://ImmortalityDate.com>

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