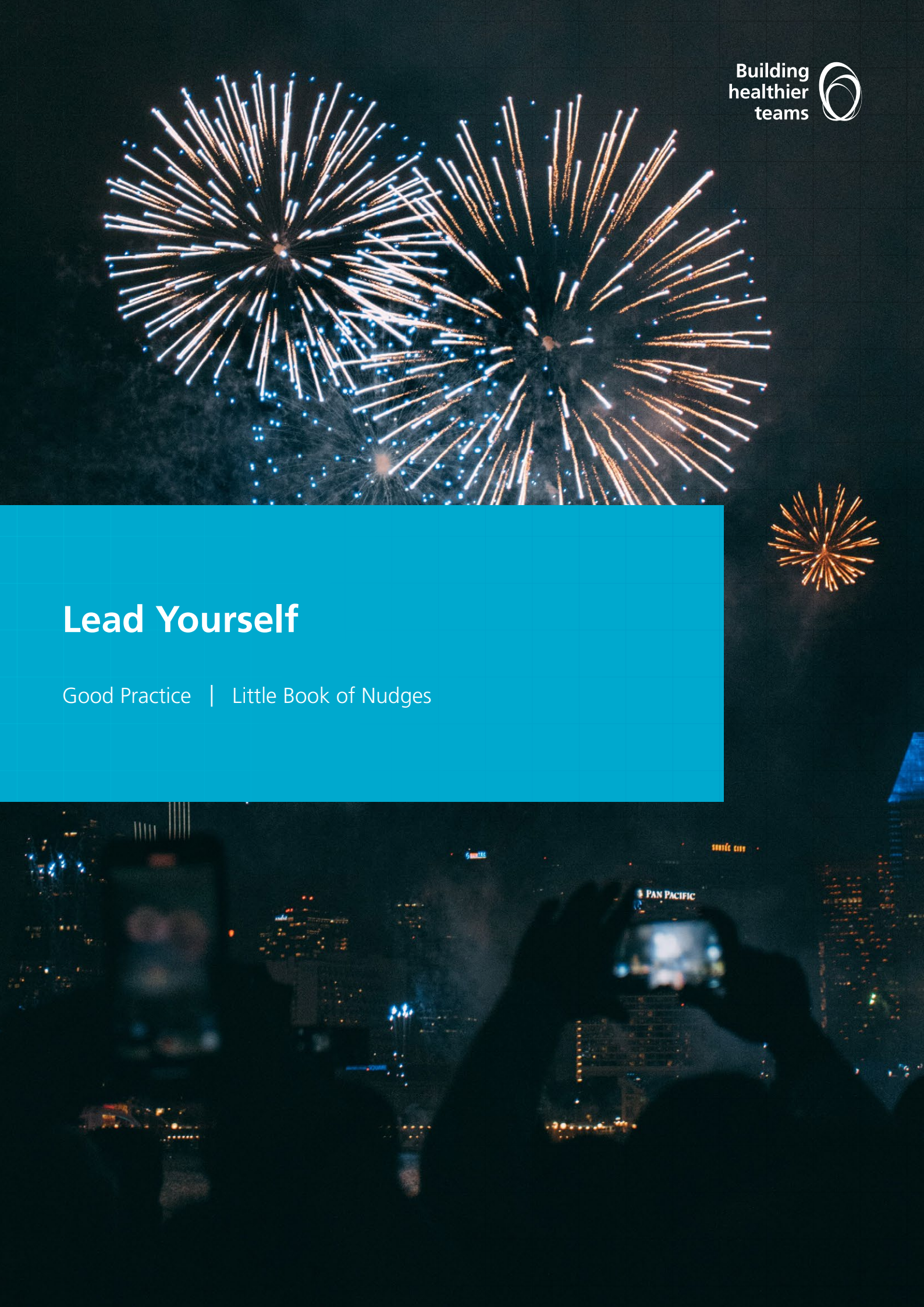


# Lead Yourself

Good Practice | Little Book of Nudges



The turn of the year can be a funny time

Some people love it... others don't

Either way, the start of a new year is often  
**a good time to pause, reflect and think about  
the year ahead.**

And this year, that might be more helpful than ever.



## Resolutions - **Think Days Not Years**

New Year's resolutions have  
a pretty bad track record...  
and for good reason.

They're often too big, driven by  
external ideas not our own decisions...  
and they're often hard to maintain.



Daily Resolutions are different.

Each of us can look to be a better version of ourselves than we were yesterday.

Try making daily resolutions to nudge your performance and leadership on a bit.

No-one needs to know but you'll know the steps you're taking.

**And small changes every day could add up to something far more significant.**





3

**Future Present Planning -**  
prepare now for what you  
want to make happen.

# 01.

Take a few moments to think about the year ahead for yourself, your team and the patients your team has an impact on...

**What do you want to make happen...**

by the end of this month, by the Summer and by Christmas 2022?





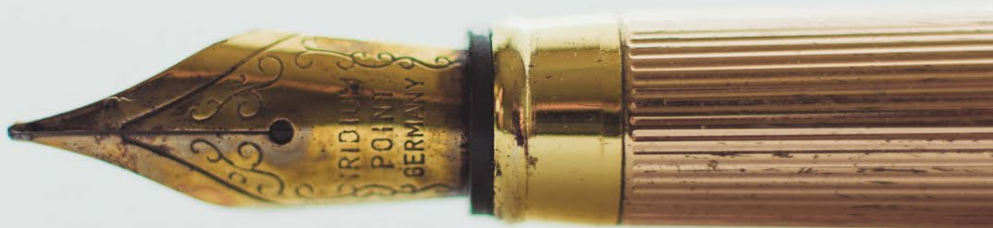
02

Now **describe it in the present tense.**

I am doing/thinking/feeling/seeing...

We are doing/thinking/feeling/seeing...

Our patients are thinking/feeling/experiencing...



# 03.

Now **consider these questions:**

- What would have to have happened for each of your statements to have become a reality?
- What actions would you have to have taken as a leader?
- What issues might you have needed to work through, confronted or resolved?





For yourself, your team and your patients  
- this kind of thinking will give you a sense  
now of the things you should be  
working on in order to make your  
future plans happen.

Take a few steps this week that start to pull  
the future into the present.

