



How Did You Spend Today?

It's a simple question, what are your answers?

Did you go straight into the thick of it?
Rattling off a list of tasks like answering emails,
putting out fires or attending meetings.

Or did you say: time to reflect,
personal development or mentoring?

**Take some time to reflect on what's showing
up most regularly in your diary and how it's
serving you as a leader in this Trust.**

Do you need to make adjustments?