



Find the good

When things are busy, it's easy to only see the gaps; what's late, what's wrong, what still needs doing.

But energy is contagious, and if you only focus on the negative, that's what spreads.

Take a deliberate look at where things are going well this week.

Call them out in real time. Tell the person responsible what impact it had on you, the team, or the patient.

The more you find the good, the more of it you'll get.