

# Recharge, Refocus, Lead

## 3 STEPS TO THRIVE AS A VETERINARY MANAGER

### STEP 1

## Recharge With Intent

Recharge intentionally by engaging in activities that replenish your energy and shift your mindset. This isn't just about rest—it's about choosing actions that help you recover and prepare for challenges ahead. Examples include short walks, mindfulness practices, or journaling.

### STEP 2

## Refocus on Priorities

Identify what truly matters to your practice and your leadership. Reflect on goals like fostering team engagement, improving workflows, or achieving work-life harmony. Break these goals into actionable steps and set clear intentions to tackle them consistently.

### STEP 3

## Lead With Purpose

Strong leadership begins with clarity and intentionality. Guide your team by aligning their strengths with your vision. Encourage collaboration, provide regular feedback, and model the behaviors that foster a culture of growth, accountability, and trust.

## Take Action Today

Start small: Schedule 15 minutes of planning, focus on a single priority, or implement one new habit. Small, consistent efforts lead to big transformations.

