

HOW TO BRING YOUR BEST EVERY DAY AS A LEADER

In Your Veterinary Practice



CHOICE: DEFINING YOUR BEST DAY

As leaders we have the opportunity to choose how our day will look, how we show up and what kind of attitude we want to have. Only after we make choices can we begin to put them into practice and turn them into reality.

Consider these points when choosing how you want your day to go:

Perspective

One of the hardest things we can do is choose our perspective – how we see and think about things. Try to think differently about your world or shift your thoughts so that they serve you more effectively.

Impact

How do we want to leave other people? How do we want our team to think about us?

Reactions

We get to choose how to react to things. But, our impulses will guide us until we decide to react differently than we have in the past. By choosing how to react we don't let others control our reactions.

Questions to Help us Define Our Best Day



What can be better because I showed up today?

How can I help the animals and people I come in contact with?



What do I want to feel good about accomplishing?

What do I want to learn today?



What do I want to get better at or become more confident with today?

How do I want to support my team?

PLAN: PREPARING FOR YOUR BEST DAY

You can plan to be your best and happiest in the veterinary profession. Leadership isn't just about helping others become more successful and productive. You too have the opportunity to set yourself up for success.

As you plan for your best day, consider:

Goals

Goals are things we want to accomplish, and to achieve them we need to plan. They can be short-term, like setting goals for the afternoon or next week, and can be as simple as having a conversation, or handling the fact that we're short-staffed today.

Habits

Most people don't plan their habits. Instead, they just accept them as they have evolved and even become victims of them. We might want our habits to be different, but if we don't plan how to develop new ones we're less likely to succeed.

Tomorrow

Planning your day in advance is another way to ensure it's a good one. This includes how we're going to execute the goals we've identified and how to approach the changes we want to make.

Scheduling

Planning is great, but if we don't make a schedule for ourselves we're less likely to accomplish the goals we've laid out. We can create schedules around:

Insight

Insight comes from giving ourselves time to learn something new, read an interesting blog or book, or listen to a new podcast.

Influence

We influence people through our conversations and coaching. Planning and scheduling these interactions will ensure that they happen and that we're ready when they do.

QUESTIONS: PLANNING YOUR BEST DAY

As you plan to bring your best every day, ask yourself these questions:

- How do I prepare for my best day?
- What are the important things to focus on today?
- What habits do I build for my best pre-work routine?
- What can I schedule today that will help me?
- What's one thing I want to accomplish that I can focus on today?
- What does my team need from me today?
- What do the animals need from me today?
- What relationships can I improve on today?
- How can I plan my day so that I feel good about it when it's done?
- Where can I find new insights today or throughout the week?
- What goals do I have that I can make progress on this week?

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