

## Create Your World Outside of Work

Sometimes it is easy to feel consumed by work. However, focusing on a new activity will help your brain recalibrate and recharge. Take time to refresh your mind by shifting your focus to activities outside of work in order to be at your best for your veterinary practice.

### Steps to Create Your World Outside of Work

#### 1. Write down the activities you want to do outside of work

Write down any activities that are interesting to you. There is no need to filter this list. Just start by brainstorming any activities or hobbies that you've wanted to learn or try.

• <i>Cooking</i>	•
_____	_____
• <i>Yoga</i>	•
_____	_____
•	•
_____	_____
•	•
_____	_____

#### 2. Choose 1-2 activities that are most compelling

Look at your list above. Which activities are the most interesting? Choose one or two activities that you want to explore.

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_____	_____

#### 3. Take action to create momentum

Get engaged quickly to increase your likelihood of starting this activity - sign up for a class or buy new supplies. Write down your action step(s) below.

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