

Three Ways to Elevate Your Veterinary Career this Year

Define What Success Looks Like for You

Many people start with intentions around activities without first deciding on their overall definition of success for the coming year. In order to achieve our goals, we must be very specific about the things we have to accomplish. Then, we can figure out how to make them happen for ourselves and others.

Determine What Habits You Need to Create

Life is all about habits and patterns. In many ways they define our potential and our results. Without good ones, we can wish things were better, but they won't be. If we want to read more, but the first thing we do is grab our phone and check email, then we must create a new habit that causes different results. Willpower simply is not enough.

Revisit the Why Every Day

Goals connected to something meaningful are more attainable. As a result, we are willing to work hard enough to make them a reality. Find a few moments every day to live in that future reality. Remember why you are trying to change habits in the first place.



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