



Leading Yourself on Tough Days in Your Veterinary Practice

1. Pause and Consider What's Really Happening

When your day gets overwhelming, take a moment to breathe and acknowledge what's real. Naming the challenge helps you reset and reminds you that tough days happen to everyone. Giving yourself space to respond, rather than just react, sets the stage for better choices.

2. Ask a Different Question

The questions you ask shape the actions you take. Instead of focusing on what's wrong, ask yourself what you can control or improve right now. A better question helps you move forward, even if it's just one small step.

3. Choose a Small Action

Progress starts with a single, doable step. Whether it's checking in with a teammate, taking a quick break, or writing down something that went well, small actions build momentum. What matters is choosing to do something, no matter how minor.

4. Step Back and Refocus on the Big Picture

At the end of a tough day, reflect on what you learned or where you made progress. Use these insights to set your intention for tomorrow. This habit keeps you focused on growth, not just getting through the day.

