

How Great Veterinary Leaders Recover From Tough Days



A reliable way to break the pattern matters more than the size of the reset.

The leaders who recover well have something specific they reach for when the day goes sideways. It might be exercise, reading, a walk without the phone, or an hour with a project that has nothing to do with the practice. The reset doesn't have to be elaborate. It just has to be practiced.

A goal you actually believe in pulls you back to your feet.

If your goal doesn't get you out of bed the morning after a really hard day, it may not be the right goal yet. The leaders who keep moving forward have a goal clear and specific enough to remind them why this work is worth the cost. Vague goals don't hold up under hard days.

You need one or two people willing to push you, not just to comfort you.

After a rough day, the natural pull is toward people who will let you stay down for a while. Great leaders accept the comfort sometimes. They also seek out one or two people who, after the comfort, will say something true and push them to stand back up.

