



You Are Not a Frog Podsheet

Episode 216: Only you can choose your next move

Quick dip with Rachel Morris

Date

Total CPD hours

EPISODE SUMMARY

Comparing ourselves to others can be toxic, and lead us to ignore our own needs, and forget our unique limits. It's time to follow our own path, to note when we're "shoulding" on ourselves, to stop feeling guilty about our differences, and to ditch the idea that we're somehow wrong for having different constraints.

IN THIS EPISODE, YOU'LL:

- Learn how to avoid falling into the trap of comparing yourself to others and how to embrace your unique path
- Discover the power of shifting your language from "should" to "could" in order to open up new possibilities
- Understand the importance of knowing yourself, your likes, your limits, and how to make empowered career and life decisions



LISTEN

[How to Escape the Tyranny of the 'Shoulds'](#)

Episode 196 with Charlotte Housden

[Life's Too Short NOT to Love What You Do](#)

Episode 209, with Dr Sarah Goulding

[How to Have More Impact with Less Effort](#)

Episode 159

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Episode 216: How to make a difficult decision

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DO

List three things you have learned from this episode which have had an impact on you

Write down what action(s) you will take as a result of listening

Suggest how these actions will make a difference to you, your colleagues or your patients

Write down how you will know that a positive change has happened - what does good look like?



ADDITIONAL RESOURCES

Find out more about the [Shapes Toolkit Training programme](#)

Check out our [Beat Stress & Thrive](#) course for busy healthcare professionals!

Check out more free resources from [You Are Not a Frog](#)

Join our Facebook Group [You Are Not A Frog](#)

HAVE QUESTIONS?

[Email Rachel](#) or reach her on [LinkedIn](#)