



You Are Not a Frog Podsheet

Episode 247: How to think past “right and wrong” and find choices that work for you

Quick dip with Dr Rachel Morris

DATE

TOTAL CPD HOURS

EPISODE SUMMARY

When we see choices or behaviours as simply “right” or “wrong”, we end up making decisions based on fear and judgement. But there’s an easier approach, and it’s 800 years old.

IN THIS EPISODE, YOU’LL:

- Discover how letting go of “right and wrong” judgments can lead to more freedom and authenticity at home and in work
- Learn how shifting focus to what works and what doesn't, can transform decision-making and reduce stress
- Understand the impact of internalised judgments on behaviour, and how to navigate them for a more fulfilling life





You Are Not a Frog Podsheet

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More episodes of You Are Not A Frog:

[How Money Holds Us Back](#)

Episode 213 with Agnes Otzelberger

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

Episode 196 with Charlotte Housden

[How to Make the Right Choice When You Aren't Certain](#)

Episode 244 with Dr Claire Plumbly

WATCH

[Watch the video version on YouTube](#)

Episode 247: How to think past “right and wrong” and find choices that work for you



You Are Not a Frog Podsheet

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?



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ADDITIONAL RESOURCES

Download [Get Your Life Back](#), our 60-minute reset for overwhelmed healthcare professionals!

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

Join our [Shapes Academy](#) membership for leaders in healthcare

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

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HAVE QUESTIONS?

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