



Episode 103: How not to Settle with the way it's Always Been Done

with Dr Abdullah Albeyatti

Making changes and taking risks are daunting. We often feel the pressure of others' perception of us, and we tend to avoid situations in which we might fail or worse, look stupid. But we need to take risks and make changes if we want things to get better.

In this episode, Rachel and Dr Abdullah discuss how to overcome obstacles in the workplace. Additionally, they talk about how to recognise the factors which are keeping you from a successful life. They also discuss how to take care of yourself and those around you.

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Are you interested in joining our You Are Not A Frog retreat? Or perhaps you have some questions about failure. Drop us an email at hello@youarenotafrog.com to let us know!

Learn more about Dr Abdullah and reach him on [LinkedIn](#) or [Instagram](#).



Quote to Remember:

'Don't worry about failing, just be true to yourself, try, learn, and, by all means, fail and fail fast. So that you realise, actually, I thought I was going to enjoy that I didn't enjoy that as much as I did. But I did enjoy that element of it.'

What You Will Learn

Making changes is necessary for a healthier life. But let's face it, breaking out of a well-established pattern is difficult.

This workbook aims to help you reassess your life and workplace. What changes do you want to see? What's your goal? What bothers you?

Activity: Take Time to Reflect

Rachel mentioned in the beginning that get a successful life, you need to take risks and make appropriate changes.

What are you actively doing today to make your life happier?



What do you think about people who usher in change? Do you see change-makers as troublemakers? Why or why not?

Think of a few times where you felt uncomfortable in your job. **Did you do anything about it? What worked?**

Abdullah mentioned that it is essential to recognize and address the things that bother us.

List five things that bother you in work or life and suggest ways in which you could change them.

Things that bother me include...	To change this, I will...
1.	1.
2.	2.
3.	3.



4.	4.
5.	5.

What is holding you back from making these changes right now? How could you overcome these barriers?

Not using your strengths at work can cause feelings of stress and burnout.

How are your strengths being utilised in your current job?

Which of your strengths aren't being used currently?

How would you describe 'failing'?

Think of a time that you considered that you had 'failed'. What did that experience teach you? Are those lessons still relevant today?



Doing what we love and maintaining our tenacity in fulfilling our goals is a challenge.

Having a mentality that says, 'I'm not going to settle for this!' and doing something about it can make our situations better. But sometimes, we must know when to stop, and start walking away.

Have you ever walked away from something you were passionate about? What did you learn from that experience?

Change may also mean bringing in people with you. You just need to find the right people to do it with.

Are you working with the right people? What sorts of values do you want to see in your colleagues?

Only you can tell if the risks you take are worth it or not. You may need to reassess if these risks contribute positively to achieving the standards and goals you have for yourself.



Starting is the hardest part of doing anything. But once you start, you will gain the momentum and confidence that will lead you to success, whatever that means to you.

CPD time claimed:

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