# HOWTO LOVE YOUR CRAFT WITHOUT LOSING YOUR MIND

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- David Bauman



#### Agenda

- We'll discuss how alignment w/core values and numerous strategies can help you engineer fulfilment in both professional and personal realms.
- People working in healthcare by and large entered their respective fields because they loved it and wanted to help people.
  - However, given myriad systemic factors, professionals ubiquitously feel like they must choose between their craft and their well being or their life outside of work.



Intentionality – both personally & professionally! (work-life integration vs balance)

Part 1

Who/What's important → "Start with the end in mind"

Part 2

Engineer work & life -> "An ounce of prevention is worth a pound of cure"

#### Take notes!!!

- \*Identify what you are already doing
- \*Add in low hanging fruit
- \*Add in strategies w/strong alignment
- \*Add in strategies w/high return on investment (ROI)
- Chip away a little at time

## WHO & WHAT'S IMPORTANT

PART ONE – START WITH THE END IN MIND!









#### Values / "Who & What matters" 1-2

- Who's done a values inventory?
- Where? Which ones? Was it helpful? When was the last time?
  - VLQ by Kelly Wilson
  - MI Personal Values Card Sort

#### Contextual Interview

Love - Work - Play

- Living situation
- Relationship status
- Inner Circle
  - ☐ Family/Friends
- Belief System
- Work/School/Income
- Fun

## VALUES WORK ISN'T JUST FOR PATIENTS/ CLIENTS<sup>10</sup>

What's "success" look like? What would we find you doing or what do you want to be doing? (think SMART)

## ENGINEERINGYOUR LIFE & WORK

PART TWO – AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE

### Thinking about your "work life"...

What gives you the "warm & fuzzies?"

When do you feel most aligned?

When you feel like you're in 'flow'?

What is the context when you feel like you are really doing what you set out to do?



#### \*Love/Loathe List by Marcus Buckingham<sup>11</sup>

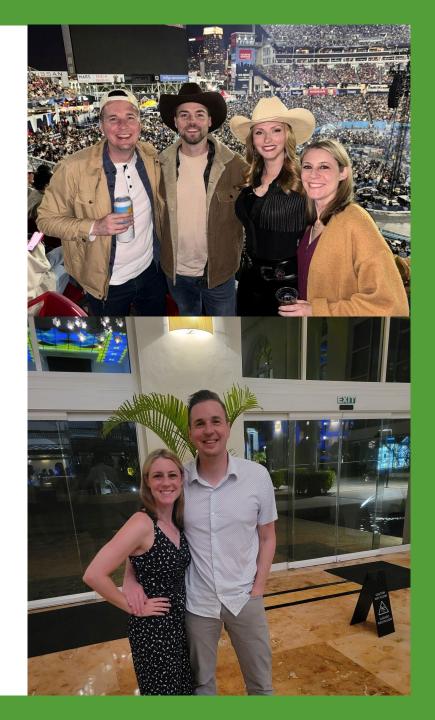


- Blank piece of paper and draw a line down the middle
- One column: "Loved It" & other column "Loathed It"
- For the next week pay attention to your job tasks/activities
  - When you do an activity where you feel love → write it down
    - E.g., you look forward to it, time flies, you're in flow, you're energized
  - When you feel an aversion to activity → write it down
    - E.g., you procrastinate, push it off, time drags on
- Doesn't have to be 100%! Mayo study for just 20% for physicians led to far lower burn out
- 5 min video by Marcus Buckingham <a href="https://www.youtube.com/watch?v=knxVp4u8fGA&t=16s">https://www.youtube.com/watch?v=knxVp4u8fGA&t=16s</a>
  - "They didn't find it...they built it"



#### Engineering your life!

- How long did it take to learn your craft? Time/energy/investment put into the content of your specialty/profession?
- Now, how much time have you put into learning how to...
  - Manage your schedule
  - Manage your work tasks
  - Identifying the main things in your role
  - Learning how to adult
  - Manage who & what matters to you
- These strategies can be helpful for both personal & professional



### If there's a topic you're struggling with...

- 99.9% chance someone's already done a deep dive on this for you...that's where reading becomes so crucial
- AI?



## Engineering your Life & Work

- This is a skillset
  - \*Don't be unlucky
  - \*Be the 10%
- Strategies
  - Stimulus Control
  - Time blocking
  - Journaling
  - Expressing gratitude
  - Rest
  - Other tips/tricks

### Engineering your life: Practical strategies

- Stimulus control<sup>12,13,17,18</sup>
  - Only doing work in certain locations
  - Playlists for productivity
  - Remove work email from your phone
  - Multitasking doesn't work...no matter what your brain says
  - How else can you do to remove distractions?
- Timing/Time blocking & Use of Calendars, Planners, etc.
  - What calendar do you use? Planner? Identify this...
    - Dave's suggestion The High Performance Planner<sup>20</sup>
  - Planning
  - Schedule what you are going to do in time blocks<sup>18</sup>
  - \*Working in 90 minute blocks no longer
  - Identify (either night before or in the AM) top 3 things that are the best ROI for your main goals
    - Replace to do list w/ a "Done List"<sup>17</sup>
  - When: The Scientific Secrets of Perfect Timing<sup>12</sup>
    - \*Deep work in the AM
    - Nap/reset in the afternoon
    - Bump in the evening





#### Recommended Readings11-22

- Anything by Brene Brown
- Indistractable by Nir Eyal, Julie Li
- Nine Lies About Work by Marcus Buckingham & Ashley Goodall
- The One Thing by Gary Keller, Jay Papasan
- Anything by Jim Rohn
- Essentialism & Effortless Greg McKeown
- Stand and Deliver by Dale Carnegie
- Off Balance by Matthew Kelly

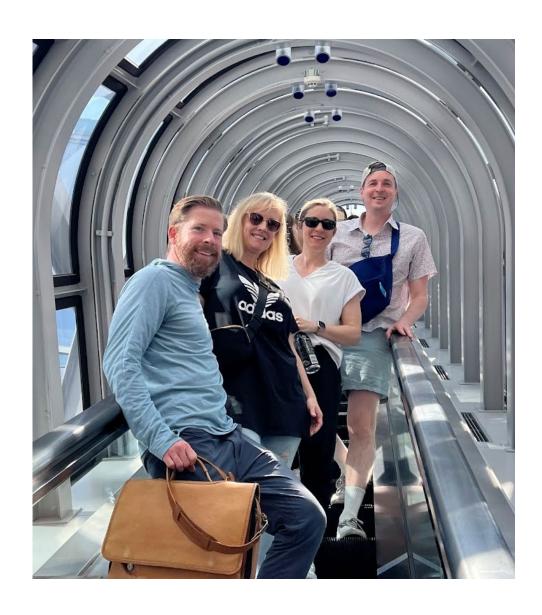
- The Compound Effect by Darren Hardy
- Love + Work by Marcus Buckingham
- The Busy Leader's Handbook by Quint
  Studer
- The 8o/2o Principle & 92 Other Powerful Laws of Nature by Richard Koch
- Rest by Alex Soojung-Kim Pang
- When: The Scientific Secrets of Perfect
  Timing by Daniel H. Pink



ENGINEERING YOUR LIFE: LET'S GET SPECIFIC... WHAT WILL YOU TRY? (2 TAKEAWAYS)



- Remember, start with the end in mind and the value
- Engineer the experience to produce connection to those values
- Many practical suggestions out there...
  - Don't accept premises
  - Be just as intentional with your personal life as you are with your professional
  - Be the 10%
  - If struggling, know, someone else most likely has done a deep dive... read!
- And, keep iterating, keep evolving, keep progressing...
- Be kind, be compassion, and, above all, be love...



#### Thank you!

- For coming on this journey with us!
- We are so very grateful!

#### Stay in Touch!

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YouTube: www.youtube.com/@pcbhlife

& https://www.youtube.com/user/commhealthcw/videos



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