



Caring Safely™ Module Six – Video Three

Caring Safely – Your One Year Plan

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In this video

- Your Ideal Life
- Passion Projects
- One Year Plan
- Live This Work

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Ideal Life

- Your perfect day in two years
- A Workday
- Based on values
- Extreme detail of that day
- What you're doing, how you're doing it, who is around, how do you feel.
- What brings you the most joy
- What is missing now
- Work backwards from two years – what small goals can you start setting now to achieve that ideal life?

Personalize and Integrate with Handout
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Passion Projects

How can you bring passion back to your job?

Research, committee work, specialized training, private practice work.

Write a book!



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Commitment to Change One Year Plan

- Based on your Ideal Life Exercise and Passion Projects
- What changes can you make in the following:
 - Week
 - Month
 - Year
- What happens if you don't make any changes?
- What/Who can support you in making healthy changes?

Personalize and Integrate with Handout

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Live this Work

- Review your Commitment to Change Plan each month
- Take the ProQuoL every three months
- The Process for Change is full of ups and downs – return to the material as needed

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Much Gratitude

I have so much gratitude for you joining me in this process

I hope that your work in Caring Safely has only just begun

I will continue to update the material and you will have ongoing access to this material.

Your feedback is so incredibly important - link under video.

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Review of Video Three

- Your Ideal Life
- Passion Projects
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