

2020



20 Thoughts for 2020

1. Become more self-aware. Self-aware people have a clear understanding of their strengths, weaknesses, thoughts, beliefs, motivation, and emotions. They are honest about what they want, their skills, and what matters most to them.
2. Ditch the negative thoughts and mindset. To make rapid changes to your life, you need to adopt a positive mindset and develop a can-do attitude.
3. Kickstart a health and wellbeing regime. Set realistic goals for what you want to achieve.
4. Develop a more healthy work life balance
5. Declutter your home. Clear your email inbox, actual desk, or desktop. Tidy house, tidy mind.
6. Say thank you. Pick one person who has helped you personally or positively influenced your career this year, and either speak or email them to acknowledge their contribution. Saying thank you has as much impact on the sender's wellbeing as the receiver.
7. Share a problem. Accept that you don't have to deal with everything by yourself.
8. Be a better friend or colleague. The people you share your life with will have a huge influence on your enjoyment of it. Likewise, you will have a huge impact on the lives of others. By **being a good friend** to those you care about – and this includes your family too – you can be a source of joy and a pillar of support.
9. Give something back – every 45 seconds someone finds a volunteering opportunity at <https://do-it.org/> As well as making you happier (a person who volunteers more than monthly but less than weekly is 12% more likely to report being very happy compared to someone who doesn't volunteer at all), showing you are prepared to put your time into something you care about can give a real edge in interviews and an example way of evidencing your practical skills application. As well as increasing your network
10. Plan to develop a new skill. This can be work based or a new interest.
11. Consider joining a Board. Details of our current Board Opportunities can be found at www.emaconsultancy.org.uk/jobs
12. Write down three reasons why you get out of bed and do your job. If you cannot think of three things then it is time to revisit your role and see if you can make a change that will ensure you enjoy your work, if this change is impossible then maybe it is time to look for pastures new.

13. Book your holiday. Don't repeat the same mistake as 2019 when you had ten days leave to take at the end of November. Start your work-life balance as you mean to go on.
14. Reflect on how much you have learnt over the last year or even decade and instead of wondering wow! didn't that time go fast, think about how you have grown, the experiences you have had and the new skills you have to offer.
15. Review, update and improve your CV. A properly crafted CV helps to differentiate you and highlight your value. It provides a common thread that weaves together your personal and professional experiences, as well as your transferable skills, making it easy for others to connect the dots.
16. Register your CV with an agency or consultancy. Call the agency or consultancy to express your interest in a new role. Most reputable consultants will be prepared to advise you.
17. Update your LinkedIn profile. Take ten minutes to update your current responsibilities and achievements and approach one person to make an endorsement. Think of it as an annual MOT for your career. Updating it each year saves a mass overhaul alongside application forms if you do find an ideal opportunity in the future.
18. Get a coach or mentor. Getting unbiased, objective advice on your life—and your career—can motivate you in unparalleled and unexpected ways. Finding a person who has been where you are (or is where you want to be) is a perfect motivator for getting things done. They can give you insight that will help you shape realistic goals for the next few years. A little constructive criticism never hurts.
19. Sort your time management. Learn to say no, do, decide, delegate or delete tasks, batch routine tasks and eliminate distractions
20. Take back control! You are in charge of any changes and self-improvement - make it happen!