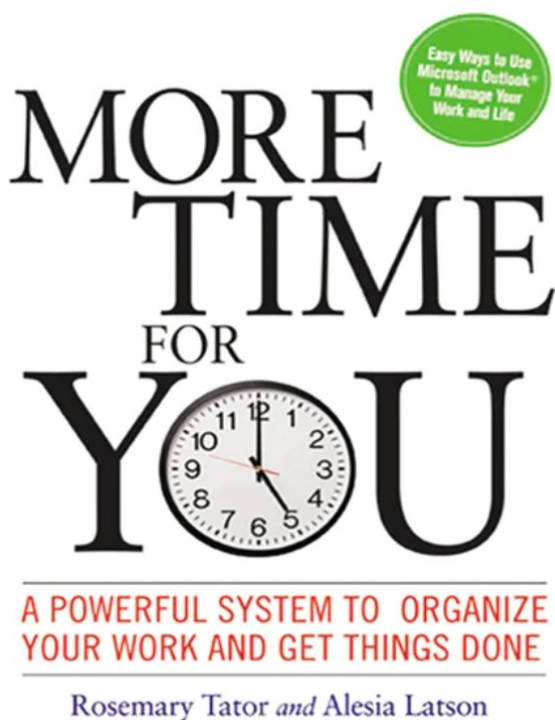


Dear Friends,

Today, do you feel busier than a year or a decade ago? Although memory is subjective I bet the answer is yes! It is important to deliberately prioritise your time and use this to fulfil your goals to be effective.

Effectiveness is an ability – a measure of engagement in a set of actions that produce a desired outcome. Think of effectiveness as a skill that can be developed with training, like a muscle. If you choose what you focus on and where you place your efforts it can cause intentional beneficial effects on your life.

YouTube Video of the Month



My video of the month goes into more tips on time management tips. In honesty I selected this as my video of the month I liked my new jumper. I had a similar jumper before, although this one is cooler as it reminds me of going to a Silverstone training day last year. Also, when wearing the new jumper lots of people ask if I work for Williams Racing as nobody supports them!



Getting back to the motivational stuff, thanks for checking out this newsletter. Set the compass of your life in the right productivity direction then use effectiveness to take steps each day to achieve you goals.

Tweet of the Month



Maggie Pacheco ❤️ (she/her) @sepsismaggie · Feb 27

...

If you've worked with me you'll know I love data, but you'll also know how this 📈 drives me insane!

Trend is your friend and I'm all for celebrating the small wins but, if you can't zoom out and still see improvement, it's likely not [#improvement](#) 😞

In search of special cause



WestHertsQI and 9 others



I have never met or worked with [@sepsismaggie](#) but clearly share a similar passion for data. It is nice to zoom out from data. When analysing lots of data consider using the 80:20 rule to focus on the most important metrics and monitor rates.

<https://chrisweatherburn.com/factfulness-ten-reasons-were-wrong-about-the-world-and-why-things-are-better-than-you-think-by-hans-rosling/>

Website of the Month

<https://www.gapminder.org/>

If you like data and want to play with some graphs it is worth exploring the Gapminder website. "Gapminder is an independent educational non-profit fighting global misconceptions." Started by the late Hans Rosling's team, one of his books I have summarised [here](#).

Or if you have time I would prefer it if you set your computer on repeat watching my YouTube videos and forward this newsletter to your friends so they can sign up by [clicking here](#).

Really appreciate you reading this newsletter, have a great month!

Chris



CHRIS WEATHERBURN

Get the most out of your life!



Chris Weatherburn

Get the most out of your life!