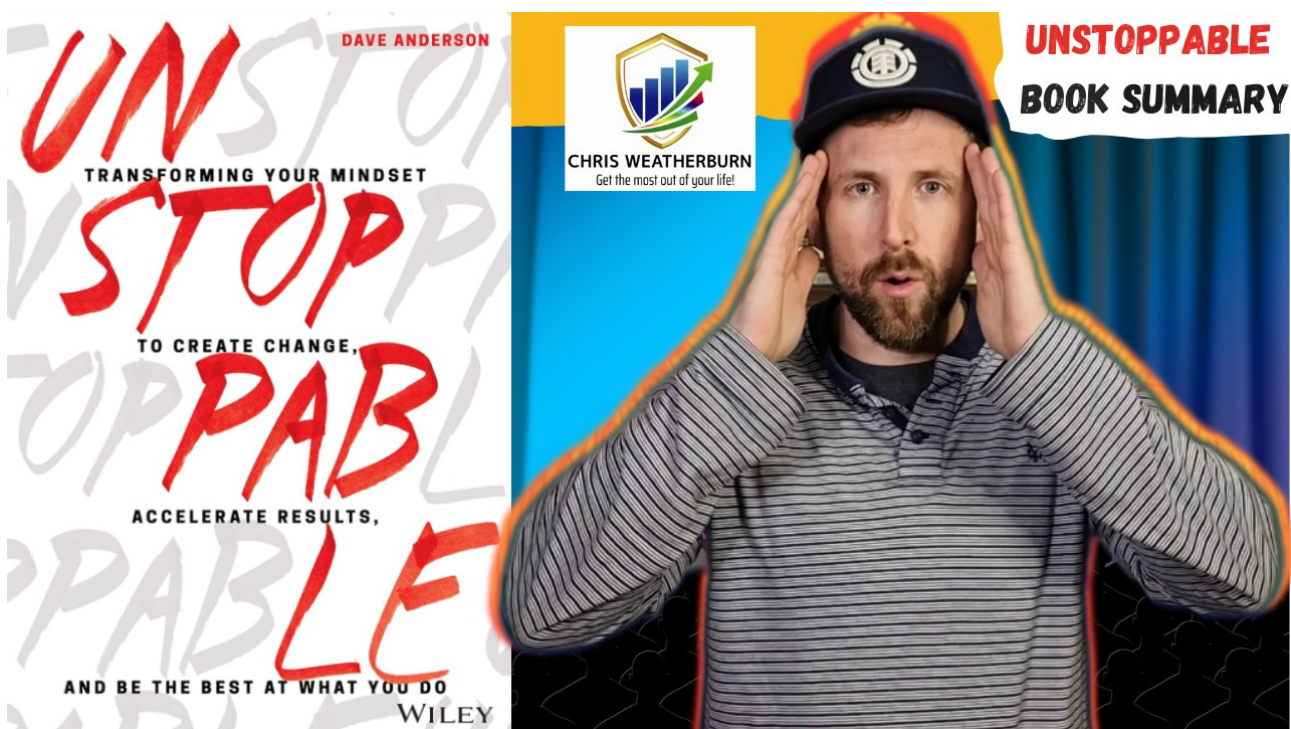


Dear Friends,

I have dipped my toe into some medico-legal work. This involves reading lots of clinical documents and writing a concise report. The main skill seem to be zooming in on the relevant areas and producing an objective report to a tight deadlines. I have not yet attended court as a consequence of this work, but it is a new string to add to my bow. It does leave me more concerned about day to day clinical practice. Can you defend this in court, is the encounter adequately documented?

Have you heard the saying “only the person who risks is risk free”? In life, not just in clinical practice, if we dwell on risks it can cause harm as it will lead to inaction. The former US President Harry Truman once said “Imperfect action beats perfect inaction every time”. So what do we do? Keep positive and do your best, don’t take yourself too seriously – the world will keep turning!

YouTube Video of the Month



What motivates you to get out of bed in the morning. It is important to have large goals that crush any fear of failure. Knowing your why will help you stay motivated. When you turn up be present and give it your all – you will see results.

Tweet of the Month (x of the month sounds like I am a player ;))



Am using X more for solely light-hearted Tweets – enjoyed this one by [@Gbolahanba_](#). Don't let a desire for perfection paralyse stop you from taking action. Instead why not forward this imperfect newsletter to your friends so they can sign up by [clicking here](#). Once again I will give £1 to a charity for each person who signs up from this being forwarded (maximum £100).

Website of the Month

<https://www.geocaching.com/play>

Throughout the world there are hidden boxes placed in interesting areas for you to find also track trinkets that you 'own' as they travel the world. It is a free community driven game and a lovely way to explore a new city.

Hope you have a great month,

Chris

PS Happy 13th Birthday Leo



CHRIS WEATHERBURN

Get the most out of your life!



Chris Weatherburn

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