

June 2024

Dear Friends,

If you ask people what they want, the general answer is to be happy and for people they care about to be happy. But what does happiness really mean? The best definition of happiness that I have found is meaningful progress towards a desired objective. This might be progress towards obtaining a skill, passing an exam or preparing for an awesome holiday. Happiness comes from the actual journey rather than achieving the outcome, so remember to enjoy each day!

Reflecting back on my month, I continued to pursue happiness by learning skills, I passed a cybersecurity exam and then went on an awesome weekend holiday with a friend I have known since Primary school and hadn't seen for a long time.

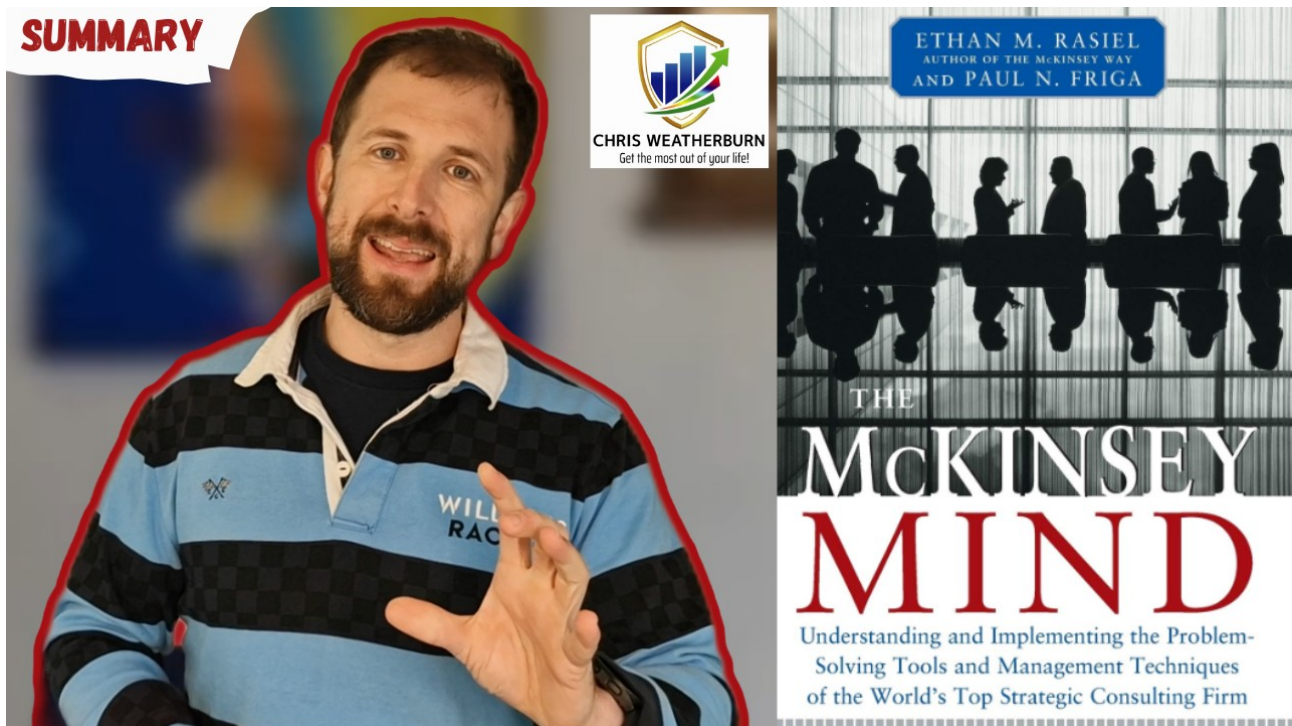
May was going really well, until I got a visit from a newer friend, that I met once again; COVID-19. Don't worry I am improving, unlike at the start of the pandemic, there is no real sense of concern about dying. However, it isn't great to feel ill, with a sense of letting others down - binging watching Netflix isn't really as good as playing sports to be honest.

Below are the 5 Ps for managing post viral tiredness from [NHS Scotland Long Covid Workbook](#) that might be of interest:

- ❖ Prioritising the most important tasks in your day
- ❖ Planning how you will carry out these tasks
- ❖ Pacing to break daily tasks down into smaller parts
- ❖ Position yourself correctly
- ❖ Permission to say NO or ask for help

I am missing my energy but am looking forward to having it back :)

YouTube Video of the Month



An Issue Tree is an interesting method of analysing a situation. Branches represent issues and smaller branches are sub issues. Therefore each branch represents a potential avenue to explore. When you explore an issue tree you want to cut off complete branches swiftly then focus on the most relevant other issues. The key is to quickly eliminate lots of irrelevant options.

The McKinsey management consultants attempt to perform their research, but deliberately don't reinvent the wheel. They use cooperate knowledge and stick to the task at hand. Their end product is telling the story behind the data, in a certain way, feel free to watch [the video](#) if you want to know more about this.

X of the Month



I selected this Tweet to remind us all to use the tools we have at hand to maximum effect; it doesn't need to be a frying pan!

Medical practitioners in the United Kingdom have to undertake annual appraisals. This process requires evidence of continuing professional development (CPD) amongst other things. My hack is to write CPD in my electronic diary entries when I undertake relevant activities. Then at the end of the appraisal year I search my calendar for "CPD" to readily identify a list of all relevant activities. A similar tactic could be used for other things, such as emailing yourself receipts for tax purposes. Including extra text that is the same in the subject line, will allow you search for these later and readily identify them. A balance needs to be struck make your own process as least arduous as it can be and actually helpful.

Website of the Month

<https://www.isc2.org/landing/1mcc>

Free entry-level cybersecurity training and an entrance to a certification exam, I found this quite interesting. Perhaps it will provide you happiness by working towards a goal?

Please forward this to your friends so they can sign up by [clicking here](#).

Hope you have a fantastic month,

Chris



Chris Weatherburn

Get the most out of your life!