

## ⚠️ **Goals Should Come With Warning Labels** ⚠️

March 2026

Dear Friends,

We're told to set goals. Chase them. Optimise them. But here's the catch:

Poorly framed goals can narrow focus, reduce cooperation, encourage risk-taking, and even decrease motivation. When the target becomes everything, we can lose sight of why we aimed in the first place.

That made me reflect on this newsletter. What is its goal?

Is it just another task on my to-do list? Or is it genuinely useful?

My intention is simple:

To keep in touch with people and share ideas that are practical, thought-provoking, and occasionally action-inducing.



When Things Feel Messy

Often it's just scope creep. We overcomplicate. We drift. We add layers. The best reset?

Treat life like IT support:

Turn it off.

Turn it back on.

Return to the original purpose.

Ask:

What was the initial purpose?

That question alone removes a lot of noise.

### **YouTube Video of the Month**



A shift in style to what I normally share. Does it resonate with you?  
If it sparks something, forward this newsletter to someone who might need it.

### X of the Month

**Keith Siau** @drkeithsiau · Feb 23

Unbelievable scenes from Istanbul's amateur league! Player performs CPR on a seagull after being hit by a football, brings it back to life, and hands over for post-resus care. You can't make this up! 🤯👏👍



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A lovely post by @drkeithsiau, featuring my son's favourite bird. If you are interesting in medicine, he's well worth following. His usual content includes rare and thought-provoking clinical cases.

## Website of the Month

<https://explore.org>

Live wildlife cameras from around the world. Unexpectedly grounding. Strangely calming.  
Perfect if your brain feels overstimulated

One Final Thought  
Sometimes the biggest risk of all is not taking one!

Have a great month,  
Chris



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