

Dear Friends,

When Things Don't Go To Plan...

Summer has certainly been busy!

Like many plans in life, things haven't quite gone as expected. At the time of writing, my car decided to break down on the motorway, leaving me waiting until around 3am for recovery. Thankfully, I'd already spent the day watching the Commonwealth Games, so at least I hadn't missed the Games. It was another reminder that flexibility is one of life's most useful skills—sometimes the best plan is simply adapting when circumstances change.

One thing I've been thinking about recently is the importance of looking after our physical health. The small decisions we make each day may seem insignificant, but over months and years they create enormous differences. Good habits compound just as easily as bad ones. It's easy to overlook that when life gets busy.

My sister recently reminded me of *The Slight Edge*, a book I'd almost forgotten about. Its central message is that success is usually built through small, consistent actions rather than dramatic changes. That idea has really resonated with me again.

I also managed to take what felt like a much-needed holiday, spending time in Germany at an EDM festival and visiting family in England. Having a proper break left me feeling refreshed, re-energised and ready to tackle new projects. Sometimes stepping away from work is exactly what helps us do our best work afterwards.

YouTube Video of the Month



Want to know how i read a lot. Audiobooks are the way!

This Month's Learning Point

I've continued working hard on the Dr Crikey joke book series. One challenge with any creative project is that as soon as one book is published, your mind immediately jumps to the next one. Before long, achievements start feeling like another item on the to-do list rather than something worth celebrating.

It's a good reminder to pause occasionally and appreciate progress. We spend so much time chasing the next milestone that we can forget to enjoy the one we've just reached. Celebrating the small wins makes the journey much more enjoyable.

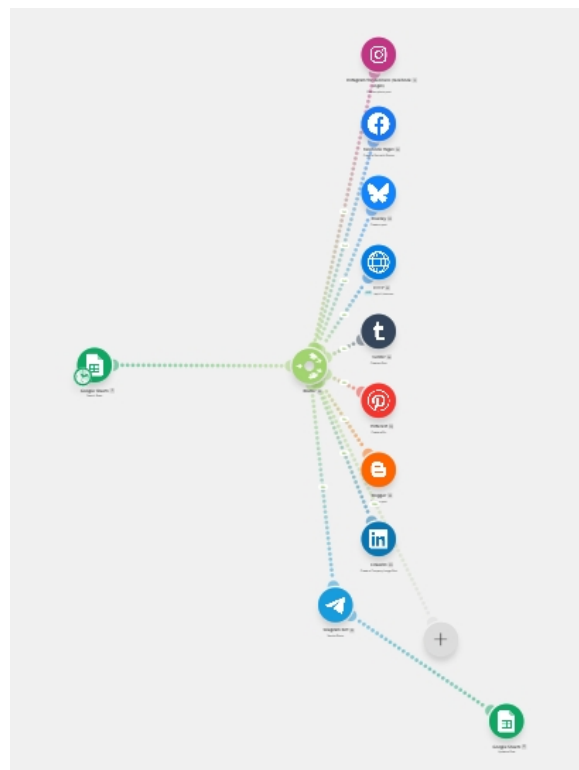
Website of the Month

Make.com

I've spent quite a bit of time experimenting with automating social media using Make.com. The platform itself has been fascinating to learn.

Using Google Sheets, I built a workflow that automatically publish content across multiple platforms and then mark each post as complete.

It quickly taught me an important lesson about automation: every workflow is only as strong as its weakest link. If one step fails, the entire process can stop. Fortunately, Make.com includes routers and error handling that make these systems much more robust.



If you're building a business, personal brand or simply enjoy making repetitive tasks disappear, it's well worth exploring. I'm currently using the free tier, which has been more than enough to learn what's possible.

If you want a daily joke, dad joke style, search for Dr Crikey on any of the above platforms. Or just [check out Dr Crikey's Instagram](#).

As always, thank you for reading. I hope you're enjoying the summer, finding time to recharge, and remembering to celebrate the small victories along the way.

See you next month!

Chris



Chris Weatherburn

Get the most out of your life!