

feeling good

The future is full of risk. Stephen Hawking

Risk is the chance of loss. loss = anything less than 100% Concise Oxford Dictionary

Not feeling good is a risk.

Risk management manages risk.

All management is risk management.

'Top level managers live the longest'. Sir Professor Michael Marmot

Living/doing/working is managing. Managing is a (personal)
continually improving > knowing > planning > acting >
better knowledge > cycle, in that order. k p a

The only place where anything ever happens is in the present,
on the bridge between the past and your uncertain future. The
present is built on the past with an eye on the future.

Because managing requires measuring,

(And measuring requires managing)

The better you measure how well you measure

How well you manage, The better you manage.

Your Knowledge/Measurement/Evidence Building System

Information in formation.

Three forms: *Long Range Plans* *Barchart/Timesheet*, *Log*

1. Log. Columns 1 - 6, on the right hand side of the page :

a) How well did you go *today* ?

* 5 out of 6 feels good.

* 1 out of 6 : could have done better.

b) How well have you planned tomorrow?

It's a matter of balance - *neither too much* order/planning, = 5+,
nor *not enough order*/ planning/preparation, = 3 or less.

2. Barchart/Timesheet.

a) Hours of the day, across the page.

b) Days, down the page. Each day is divided into two lines:
a broad, upper line to sketch out your plans for that day, and
a narrow line to remind you of your day's achievements.

3. Long Range Plans. For important distant events - like
having to go to the dentist.

Three types of activity. Three risk levels.

a) lowest risk - recording your evidence / data,

b) medium risk - your rational physical (mental) activities,

See Health Department Physical Activity Guidelines, Fitness
Australia, your doctor.

c) risk unknown - your work, your virtual work.