

Thinking about the future?

At Carecall we understand, as things are changing around you it can be easy to be concerned about your future. The future is unknown and that can be quite daunting, here is our three step plan to help you:

1. Self-Assessment

Carefully assess your strengths and weaknesses. Is there anything you would like to improve? Why and how will it contribute to your future? How can you build on your strengths? What would you like the future to look like? What has shaped your decision about your future?

2. Write it down

Once you have completed the self-assessment, focus on your goals and objectives. Turn your goals into a written list, perhaps in a special notebook. Choose a time frame to accomplish your goals as well as measurable details so you know exactly when you've achieved them.

3. Start today

Starting today is easier said than done, procrastination plagues the best of us. One way to help you start is by breaking up the tasks into small chunks and vowing to do them according to your schedule. Setting reminders on your phone, using visual reminders and revisiting the list should help you.

