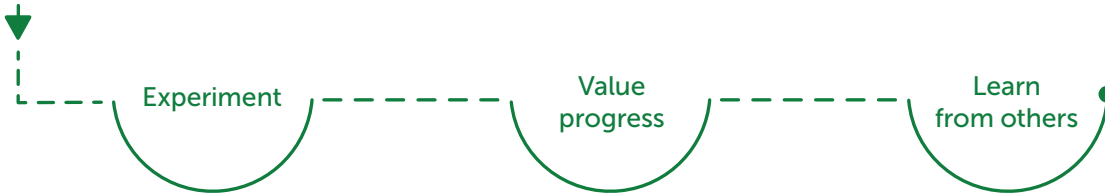


# Always Improve Practice Tool



You can start building your new habit by trying the behaviors and activities below.

## To do things differently:



## Try this:

### Do less

- ✘ Always adhere to the same ways of working
- ✘ Compare your performance to others
- ✘ Try to do everything yourself; avoid asking for help

### Do more

- ✔ Experiment and try new ways of working
- ✔ Compare your performance now to the past
- ✔ Learn from others; seek out mentors

## Habit builder:



### Reflect:

Think of a recent change that you perceived as creating a problem for you. How did you approach solving this problem?

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### Expand:

Consider three new ways you could experiment to solve the problem. How might the different approaches enable you to grow and learn something new?

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### Practice:

Share your plans to experiment with a colleague. Ask your colleague for their thoughts on your approach.

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