



Shownotes

About the cave rescue: [https://en.wikipedia.org/wiki/Tham Luang cave rescue](https://en.wikipedia.org/wiki/Tham_Luang_cave_rescue)

Record breaking New Zealand dive: <https://news.nationalgeographic.com/news/2011/05/110503-new-zealand-cave-diving-vin-video/>

The Wet Mules <http://www.wetmules.com>

Craig's veterinary business:
<https://www.vetwest.com.au>

Craig's awards:
[https://en.wikipedia.org/wiki/Order of the Direkgunabhorn](https://en.wikipedia.org/wiki/Order_of_the_Direkgunabhorn) [https://en.wikipedia.org/wiki/Star of Courage \(Australia\)](https://en.wikipedia.org/wiki/Star_of_Courage_(Australia)) <https://www.australianoftheyear.org.au/honour-roll/?view=fullView&recipientID=2128>

Books:

Factfulness, Hans Rosling : <https://www.gapminder.org/factfulness-book/>

Meditations, Marcus Aurelius: https://www.penguin.com.au/books/meditations-9780141395869?v=2&utm_expid=.JC69wDioR_Kc4RimyKASfg.1&utm_referrer=https%3A%2F%2Fwww.google.com%2F

Dealing with client complaints like a boss, according to Craig: (<https://www.vettimes.co.uk/the-dreaded-client-complaint/>)



Smash it.

We hope you enjoyed that episode. I love Craig's no-nonsense approach to life, but following his approach may mean being brutally honest with yourself from time to time. Here are a couple of things that we've taken from this conversation. If something resonated strongly with you and has made a change to how you see things please let us know. Chat to us on instagram, leave a voice message on anchor, or send us an email.

- What are you avoiding doing, because you are scared of it?
Craig said that when you are in the middle of doing something that can potentially be scary that there is no time for internal dialogue. No time to be scared.

Maybe the key is to just start doing it. Prepare as well as you can, and then take that first step. What first step can you take today?

- Craig talks about 'doing hard things to prepare for the hard things' that will inevitably happen to you. Achieving something difficult - whether it is something physical, like a long walk or run, or hiking up a mountain, or a mental challenge, like learning a new skill, or having a difficult conversation - can have a massive effect your confidence levels. That sense of achievement can then inspire you to take on even bigger challenges. This means that when you face a real challenge in life that you'll have the resilience and self reliance to cope.

This confidence can also be transferrable onto completely different parts of your life. I know when I surf a wave that scares me a bit that I am more likely to take on new and intimidating things at work in the week that follows. And when the inevitable difficulties arise I find my internal voice saying - 'if you could do that, then this should be easy.'

Set yourself a challenge during the next month to do something hard.



- For many of us the challenge in achieving a balanced life is to commit time and energy to interests and commitments outside of work. Having said that: if you are not satisfied with where your career or your life is going, consider whether are committing enough of yourself to the work part of the equation. Good things happen when you make them happen, and sometimes this means putting in the hours.
- At times this may skew the equation more towards work for periods of time. Don't despair: balance is not always measured in 24 hour increments.

Here's a tip: list the things what you need in your life to achieve what see as a balanced life: career, friends, family, your hobbies. Keep your list somewhere where you can access it easily. At the end of each week look at your list and give yourself a score for each item on the list: have you committed enough time to each item. You probably didn't. Make adjustments as necessary for the following week. Repeat the same exercise on a monthly basis. Make changes where needed.

Review the balance sheet annually. How does your overall balance shape up now?

And that my friends, is the end of the episode. If you like it - go give us that 5 star review on the itunes store and tell at least three of your friends. Now, go smash it!