



## Happy New Year from Dods Training

*"Tell me something good that happened to you today. Doesn't matter how small. It's nice to be reminded of life's small wonders"*

- Matt Haig, Author

*"Tell me something good that happened to you today. Doesn't matter how small. It's nice to be reminded of life's small wonders".* I saw this quote whilst mindlessly scrolling on Instagram, AGAIN. It reminded me about the importance of finding life's little victories, about how we can find good within the bad, about how we can help each other when we think we are helpless. It's this quote that made me want to write this Happy New Year newsletter. I must admit I was reluctant as I have been hesitant to say HNY on email, let alone writing a newsletter on the topic. However, Haig's words inspired me, and I write this with the hope that his words inspire you too.

So firstly, Happy New Year to you all. It's 2021 and we are still working from home. I remember receiving a Whatsapp from a friend saying 'How is it May already?!' that was 7 months ago. I have finally thrown in the towel and ordered an office chair – my back is already thanking me for it.

I am usually a big fan of creating a new year resolution, but this year I am completely chucking them out. Instead of creating a long list of resolutions that are going to weigh on me and stress me out, I'm going a year without them. **Be happy, be healthy, be safe – that will do me for 2021.** What I am doing instead is creating a to-do list. Not just for work, but also for life. Like Matt Haig says "tell me something good that happened to you today" – for me that's going to be ticking something off my to-do list.

I like a plan, I love a routine and a to-do list is absolutely heaven for me. There is no greater joy than ticking something off that list, whether it be for work or life. My friends and I no longer ask each other what our weekend plans are (mainly because they are always the same – walks, TV and reading). Instead, we simply ask, "what's on your to-do list this week?"





Something as simple as a change in our language has helped tremendously during these unprecedented times. I don't feel pressure to have a weekend plan, I simply take each day as it comes and tick something off my to-do list. After finding Haig's quote I will now also be asking them to "tell me something good that happened to you today?"

So I pose the same question to you and I encourage you to ask it to your friends and colleagues. Tell me something good that happened to you today.

2021 is going to be different. Be kind to yourself, create a 2021 **routine that works for you and remind yourself of life's small wonders, no matter how small they may seem.**

I look forward to working with you this year and hope that when we do, we can share something good that happened that day.

Stay healthy and stay safe,

**Alice McDavid**  
**Head of UK Training**

