

## How to create your post-summer reset

Summer brings a change of pace and a chance to slow down and gain perspective. However, the good intentions often get lost when the rush of work resumes. A few useful actions can help us to stick to a post-summer reset.

### Factors that can hold us back

- 🔗 September's fast pace can make it difficult to slow down and reset
- 🔗 Resuming tasks that were paused can leave little room for new priorities
- 🔗 Pressure from others can create a sense of urgency to keep up
- 🔗 Feeling like there's not enough time to stop and think in all the rush.

### Coach yourself questions

*What habits or routines from the summer do I want to continue?*



*What priority or goal do I want to focus on for the rest of the year?*



### Ideas for action



#### 1. Set a growth goal

Growth goals focus on the strengths you want to stretch or the skills you'd like to learn. Ask yourself:

- 🔗 *What do I want to be known for, and how can I use that skill/strength more?*
- 🔗 *What do I want to be true about my impact in three months time?*
- 🔗 *What haven't I done before that I would like to try out?*

#### 2. Connect with (or create) a learning community

When you learn with other people you are more likely to stick to what you start and learning gained is more likely to be retained. This could be:

- 🔗 Through virtual book clubs
- 🔗 With professional development groups (like [PodPlus](#))
- 🔗 Or in small groups focused on specific topics.

#### 3. Start a 5-day skill sprint

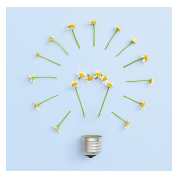
- 🔗 Day 1 choose your learning landscape: *Pick a subject you want to learn more about & research it*
- 🔗 Day 2&3 daily learning & practice: *Spend 15 mins each day learning from experts & applying insights*
- 🔗 Day 4 ask for help: *From someone good at what you want to learn. Ask them for advice.*
- 🔗 Day 5 capture your learning: *Ask yourself- What have I learned? How might I apply it at work?*

#### 4. Increase your feedback frequency

Ask the same question to multiple people. Comparing their responses reveals where you are or aren't showing up consistently at work. Ask others:

- 🔗 *What 3 words would you use to describe me at my best?*
- 🔗 *What one piece of advice would you share with me to increase my influence?*

### Recommended resources



**[How to Kickstart Your Post-Summer Career Development](#)**  
Read our latest HBR article



**[The love of lifelong learning](#)**  
Ted talk playlist of talks that celebrate education beyond the classroom.



Helen and Sarah share practical ideas to get unstuck on [#279](#) of Squiggly Careers.