You Are a Library Badass

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“This is Fine” from webcomic “Gunshow” illustrated by K.C. Green
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Set Realistic Long-term Goals

Select five (or so) areas of focus for the next year. Plan to spend 95% of your time there. Then, make the tough decisions about what doesn't fit on your plate.

"18 Minutes: Find Your Focus, Master Distraction, and Get the Right Things Done" by Peter Bregman
Define & Defend Your Boundaries

The clearer and more respected the boundaries, the higher level of empathy and compassion for others. Fewer clear boundaries, less openness.

"Braving the Wilderness" by Brené Brown
Make Mental Health a Priority

100% of humans have brains, and 0% of them work perfectly. Make a "hard-day plan" before you have a hard day.

"Things No One Will Tell Fat Girls: A Handbook for Unapologetic Living" by Jes Baker
Dedicate Time to Rest & Play

We have to become intentional about cultivating sleep and play, and about letting go of exhaustion as a status symbol and productivity as self-worth.

"The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are" by Brené Brown
Put People First

Relationships require incredible mindfulness. They require deciding, in a busy life, to give people the attention they deserve.

"Off the Clock: Feel Busy While Getting More Done" by Laura Vanderkam
"What you do today is important because you are exchanging a day of your life for it."

-Unknown

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