

How to "never live the same year twice"

No one wants to feel stuck with their development and a big advantage of squiggly careers is that they lead to more choices and opportunities than taking a ladder-like approach.

"Never live the same year twice" is a way of inspiring newness into your work. Instead of feeling like you are stagnating, it helps you to think about creating. It ensures that learning stays a priority, that you continue to invest in new relationships and that you resist falling into career complacency.

Ideas for action



1. Picture yourself in 12 months

Help your future self by getting intentional about what you want to change:

- ✍️ *Try a mind map to get thoughts out of your head and onto paper. Think: "What do I want to be true in 12 months that isn't true today?"*
- ✍️ *Look for themes and patterns - what actions do they suggest?*
- ✍️ *Come back to the present and ask: "So what now? What action can I take to help future me?"*

2. Bring newness into your network

Meeting new people in new places introduces more learning and possibility into your life. To make sure you have enough newness and novelty try:

- ✍️ *Spending time with your 'weak' ties (the people you have a loose point of connection with that can help you access new knowledge and experiences).*
- ✍️ *Looking beyond your day-to-day: what networks or communities can you join? Look for spaces where people share ideas or work on things that spark your curiosity.*

3. Use the fresh start effect

Any moment can be a fresh start - choose a Monday, a new month, or a life moment like post-holiday.

- ✍️ *Use a fresh start to try out some 'small firsts', things that haven't done before.*
- ✍️ *It doesn't have to be huge changes, a small first could be a new way of working, meeting differently, or using a new piece of technology.*

4. Visit new places and be inspired

Spending time in different places and spaces can be inspiring for your career and your life.

- ✍️ *Look for opportunities to work from different locations or attend events in new places - even small changes of location can spark fresh thinking.*
- ✍️ *Notice what inspires you when you're somewhere different - what can you bring back and connect with more often?*

Coach yourself questions

When was the last time I did something for the first time?



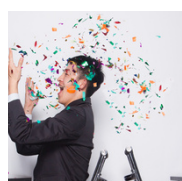
What would my end-of-year self be proud of me doing now?



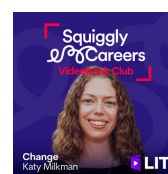
Recommended resources



Download our [free year in review tool](#) to help you look back to look forward.



Read our [HBR article](#) on how to create your own 'year in review' to help you apply what you've learned going forward.



Sarah talks to Katy Milkman on the fresh start effect in episode [#450](#) of the Squiggly Careers podcast.