

The background of the image is a stylized, abstract illustration of leaves. The leaves are rendered in various shades of blue and green, with dark blue outlines and thick, textured strokes. The leaves are arranged in a dense, overlapping pattern, creating a sense of depth and movement. The overall style is reminiscent of a watercolor or a thick marker drawing.

Tough Times
Don't Last.
TOUGH TEAMS DO.



Forward Together

MESSAGE FROM THE DEPARTMENT HEAD

I want you to know you are
a valued member of our team.

We are stronger because of what
each of us brings to the table.

CHRISTINE SHORT, MD, FRCP(C), FACP

Head, Department of Medicine, Dalhousie University
Chief, Department of Medicine, Central Zone, Nova Scotia Health
Associate Professor of Medicine, Dalhousie University



Forward Together

VISION

*A vibrant department respected for
its culture of collaboration and
commitment to the health
of its communities.*

MISSION

*Together, we advance patient
care by fostering excellence in
research and education.*

VALUES

*High-value care
Continuous drive for improvement
Respect
Forward-thinking*

How do we change the world?
One random act of kindness at a time.
— Morgan Freeman —

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

□ □ □ □ □ □ □ □ □ □

□ □ □ □ □ □ □ □ □ □

S / M / T / W / T / F / S



Try to be a rainbow in
someone's cloud.
— Maya Angelou —

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

Response	Percentage
Yes	75%
No	25%

S / M / T / W / T / F / S



S / M / T / W / T / F / S



S / M / T / W / T / F / S



S / M / T / W / T / F / S

[illegible]

Forward Together

[illegible]

S / M / T / W / T / F / S

Category	Threat	Not a Threat
Total	75%	25%
By Age Group		
18-29	70%	30%
30-39	75%	25%
40-49	70%	30%
50-59	75%	25%
60-69	70%	30%
70-79	75%	25%
80+	70%	30%



Diversity: the art of thinking
independently together.
—Malcolm Forbes —

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

Response	Percentage
Yes	75%
No	25%

S / M / T / W / T / F / S



S / M / T / W / T / F / S

[illegible]

Forward Together

[illegible]

S / M / T / W / T / F / S

Category	Percentage
Total	85%
By Age Group	
18-29	95%
30-39	90%
40-49	85%
50-59	80%
60-69	75%
70-79	70%
80-89	65%
90+	60%



S / M / T / W / T / F / S

[illegible]

Forward Together

[illegible]

S / M / T / W / T / F / S

Government	Percentage
Current government	85%
Previous government	15%



S / M / T / W / T / F / S



S / M / T / W / T / F / S





S / M / T / W / T / F / S



S / M / T / W / T / F / S



S / M / T / W / T / F / S



S / M / T / W / T / F / S



Acknowledging the good that
you already have in your life is the
foundation for all abundance.

— Eckhart Tolle —

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

□ □ □ □ □ □ □ □ □ □

□ □ □ □ □ □ □ □ □ □

S / M / T / W / T / F / S



If you don't like something, change it.
If you can't change it, change your attitude.
— Maya Angelou —

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

S / M / T / W / T / F / S

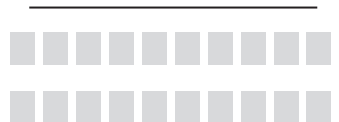




DATE:



GOAL TRACKER:



S / M / T / W / T / F / S



Kindness is spreading sunshine
into other people's lives
regardless of the weather.
— RAKtivist (*randomactsofkindness.org*) —

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

Response	Percentage
Yes	75%
No	25%

S / M / T / W / T / F / S



Action has magic,
grace and power in it.
— J Goethe (*German philosopher*) —

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

Response	Percentage
Yes	75%
No	25%

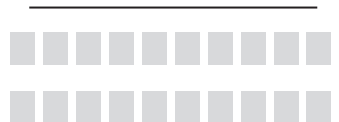
S / M / T / W / T / F / S



DATE:



GOAL TRACKER:



S / M / T / W / T / F / S

Category	Percentage
Total	85%
18-29	95%
30-39	90%
40-49	85%
50-59	80%
60-69	75%
70-79	70%
80-89	65%
90+	60%



S / M / T / W / T / F / S



S / M / T / W / T / F / S

Category	Percentage
Total	85%
By Age Group	
18-29	95%
30-39	90%
40-49	85%
50-59	80%
60-69	75%
70-79	70%
80-89	65%
90+	60%



Feel the fear
and do it anyway.

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

Response	Percentage
U.S. should take more action	75%
U.S. should take less action	25%

S / M / T / W / T / F / S





S / M / T / W / T / F / S



S / M / T / W / T / F / S



— Steve Maraboli —

S / M / T / W / T / F / S

[illegible][illegible]

S / M / T / W / T / F / S



Never give up on a dream because
of the time it will take to accomplish it.
The time will pass anyway.

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

Response	Percentage
U.S. should take more action	75%
U.S. should take less action	25%

S / M / T / W / T / F / S



S / M / T / W / T / F / S



S / M / T / W / T / F / S



— Mother Teresa —

S / M / T / W / T / F / S

[illegible][illegible]

S / M / T / W / T / F / S

Government	Percentage
Current government	85%
Previous government	15%



If you have big dreams you will always
have big reasons to wake up every day.

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

Response	Percentage
Yes	75%
No	25%

S / M / T / W / T / F / S



Actually, I can.

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

Response	Percentage
Yes	75%
No	25%

S / M / T / W / T / F / S



Diversity is being invited to the party;
inclusion is being asked to dance.
— Verna Myers —

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

Response	Percentage
Yes	75%
No	25%

S / M / T / W / T / F / S



You're never too old to set
new goals and achieve them.
Keep dreaming.

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

S / M / T / W / T / F / S





Kindness is caring for others even when they may not care for you.

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

S / M / T / W / T / F / S



The mind is like water.
When it's turbulent, it's difficult to see.
When it's calm, everything becomes clear.

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

Response	Percentage
Yes	75%
No	25%

S / M / T / W / T / F / S



S / M / T / W / T / F / S

Forward Together

S / M / T / W / T / F / S





S / M / T / W / T / F / S

Forward Together

S / M / T / W / T / F / S



S / M / T / W / T / F / S



S / M / T / W / T / F / S



Never stop dreaming.

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

Response	Percentage
Yes	75%
No	25%

S / M / T / W / T / F / S



S / M / T / W / T / F / S

Forward Together

S / M / T / W / T / F / S



S / M / T / W / T / F / S

Forward Together

S / M / T / W / T / F / S





S / M / T / W / T / F / S

Forward Together

S / M / T / W / T / F / S



Success in life is the result of good judgment.
Good judgment is usually the result of experience.
Experience is usually the result of bad judgment.
— Tony Robbins —

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

□ □ □ □ □ □ □ □ □ □

□ □ □ □ □ □ □ □ □ □

S / M / T / W / T / F / S



Don't let yesterday's disappointments
overshadow tomorrow's achievements.

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

Copyright © 2010 Pearson Education, Inc.

S / M / T / W / T / F / S



S / M / T / W / T / F / S



S / M / T / W / T / F / S

Category	Percentage
Total	78%
18-29	85%
30-39	82%
40-49	75%
50-59	70%
60-69	65%
70-79	60%
80+	55%



S / M / T / W / T / F / S



S / M / T / W / T / F / S



You risk more when you
don't take any risks.

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

Response	Percentage
Yes	~75%
No	~25%

S / M / T / W / T / F / S



A journey of a thousand miles
begins with a single step.

— Lao Tzu —

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

□ □ □ □ □ □ □ □ □ □

□ □ □ □ □ □ □ □ □ □

S / M / T / W / T / F / S





– Eckhart Tolle –

S / M / T / W / T / F / S

[illegible][illegible]

S / M / T / W / T / F / S



S / M / T / W / T / F / S



Response	Percentage
Yes	75%
No	25%

S / M / T / W / T / F / S



No act of kindness, no matter
how small, is ever wasted.
— Aesop —

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

Response	Percentage
Yes	75%
No	25%

S / M / T / W / T / F / S



Today is another
chance to get better.

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

Response	Percentage
U.S. should take more action	75%
U.S. should take less action	25%

S / M / T / W / T / F / S



S / M / T / W / T / F / S



S / M / T / W / T / F / S

Category	Percentage
Total	85%
By Age Group	
18-29	95%
30-39	90%
40-49	85%
50-59	80%
60-69	75%
70-79	70%
80-89	65%
90+	60%



S / M / T / W / T / F / S



S / M / T / W / T / F / S

Category	Percentage
Total	85%
By Age Group	
18-29	95%
30-39	90%
40-49	85%
50-59	80%
60-69	75%
70-79	70%
80-89	65%
90+	60%



S / M / T / W / T / F / S

Forward Together

S / M / T / W / T / F / S

Category	Percentage
Total	85%
By Age Group	
18-29	95%
30-39	90%
40-49	85%
50-59	80%
60-69	75%
70-79	70%
80-89	65%
90+	60%



The ideals which have lighted my way, and time after time have given me new courage to face life cheerfully, have been kindness, beauty and truth.

— Albert Einstein —

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

Response	Percentage
Yes	65%
No	35%

S / M / T / W / T / F / S

Category	Percentage
Total	85%
By Age Group	
18-29	95%
30-39	90%
40-49	85%
50-59	80%
60-69	75%
70-79	70%
80-89	65%
90+	60%



It is better to speak little; better to say nothing,
unless you are quite sure that what you wish
to say is true, kind and helpful.

— Krishnamurti —

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

Response	Percentage
Yes	75%
No	25%

S / M / T / W / T / F / S

Category	Percentage
Total	78%
18-29	85%
30-39	82%
40-49	75%
50-59	70%
60-69	65%
70-79	55%
80+	45%



What you do makes a difference,
and you have to decide what kind of
difference you want to make.

— Jane Goodall —

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

□ □ □ □ □ □ □ □ □ □

□ □ □ □ □ □ □ □ □ □

S / M / T / W / T / F / S

Category	Percentage
Total	78%
18-29	85%
30-39	82%
40-49	75%
50-59	70%
60-69	65%
70-79	55%
80+	45%



As you grow older, you will discover
that you have two hands, one for helping yourself,
the other for helping others.
— Maya Angelou —

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

[illegible]

S / M / T / W / T / F / S

Category	Percentage
Total	85%
By Age Group	
18-29	95%
30-39	90%
40-49	85%
50-59	80%
60-69	75%
70-79	70%
80-89	65%
90+	60%



Real generosity is doing something nice
for someone who will never find out.

— Frank A. Clark —

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

Response	Percentage
Yes	75%
No	25%

S / M / T / W / T / F / S

Category	Percentage
Total	85%
By Age Group	
18-29	95%
30-39	90%
40-49	85%
50-59	80%
60-69	75%
70-79	70%
80-89	65%
90+	60%



Be so good they
can't ignore you.
— Steve Martin —

DATE:

S / M / T / W / T / F / S

GOAL TRACKER:



Forward Together

GOAL TRACKER:

Response	Percentage
Yes	75%
No	25%

S / M / T / W / T / F / S

Category	Percentage
Total	78%
18-29	85%
30-39	82%
40-49	75%
50-59	70%
60-69	65%
70-79	60%
80+	55%





Forward Together

dom.medicine.dal.ca