

# 10 THINGS THAT YOU OR YOUR ORGANIZATION CAN DO TO PRACTICE DEPTH OVER BREADTH

1. Organizations can complete the Depth Over Breadth Annual Audit Worksheet
  - Continue the work of the Audit by mapping out a monthly plan of events and activities that your organization is doing and evaluate the priority of these events
2. Evaluate the division of labor within your organization
  - i.e. Make sure multiple people are taking on responsibilities and tasks so that not all of the responsibilities are falling on 1 or 2 individuals
3. Create effective membership and committee involvement practices
4. Schedule and make time to conduct and plan organizational business
  - This may help you to reflect on what is important to your organization
5. Find someone to mentor to help share the responsibilities of an organization
6. Learn the art of a graceful exit. And take 24 hours to say yes to anything new
7. Take time out of your schedule a few times out of the semester to assess your level of involvement in extracurricular activities and organizations
  - Ask yourself if those involvements help you flourish as an individual? If not re-assess your involvement and commitment
8. Ask a friend if they think you are too overly- involved/committed
  - Use this as a reflective activity of your involvement
9. Ask a friend to help you go over your priorities of involvement/commitment
  - Talking about your priorities may help you identify which organizations/activities are the most important to you
10. Set aside meaningful and mindful time for self-care