

## CEP Magazine – January 2020

### Are you guilty of chronic over- and underestimating?

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By Kristy Grant-Hart

**Kristy Grant-Hart** (kristygh@sparkcompliance.com) is the Managing Director of Spark Compliance Consulting in London, and author of the book, *How to be a Wildly Effective Compliance Officer*.

- [ComplianceKristy.com](http://ComplianceKristy.com)
- [twitter.com/KristyGrantHart](https://twitter.com/KristyGrantHart)
- [linkedin.com/KristyGrantHart](https://linkedin.com/KristyGrantHart)

You're feeling great this morning. You plan 16 metrics to track and decide your code needs a refresh—immediately.

Cut to six months later. Your metrics project has died. You've given up on the code refresh. You feel defeated and view news sites at work instead of tackling your to-do list.

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