



How to Have A Great Career in Medicine

Deeply Satisfying, Consistently Joyful, Supportive And Energizing

Is your career any less than that? What are you doing to improve it?
Below are 5 simple steps you can take right now to begin making
positive changes.

If you feel like you don't have time for this, and your career is any less
than perfect, **notice your priorities!**

If you're not looking after yourself, who will?

- **STEP 1.**
Get clear - assess where you're currently at. What needs to change?
- **STEP 2.**
Set expectations and goals within a specific timeframe.
Write them down!
- **STEP 3.**
Research your potential and possibilities. Talk to others who have
what you want, and find out how they got there
- **STEP 4.**
Be proactive about your challenges. Find ways that you can use to
change situations and commit to them.
- **STEP 5.**
Take the First Step! Write this down for yourself - How will taking that
step serve you? If you don't, what will you delay?
- **BONUS TIP:**
Watch out for this common pitfall: **Don't isolate yourself! As
professionals, we often feel that we should know it all and be able to
handle whatever comes our way. The ability to ask for help is a
strength, not a weakness.**

Over 20 years of working in veterinary medicine and teaching yoga, meditation, and inquiry, **I've learned that ANY stress is self-inflicted.** We can't help what we think, but we CAN work at changing what we WILL think tomorrow.

Commit to living the change.

Schedule a no-obligations Stress-Free Medical Career Strategy Session, where you will:

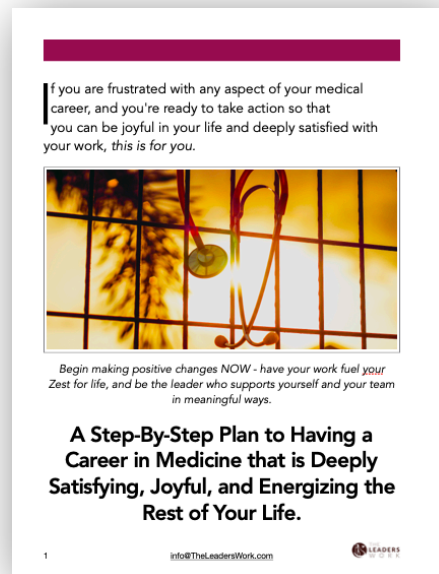
- Find understanding and support
- Define your next steps on your journey toward greater fulfillment.
- Outline a specific plan for implementing those next steps.
- Make powerful forward progress, so you can begin living your ideal life and maximizing your positive impact.

Schedule Your Complimentary Stress-Free Medical Career Strategy Session Here: <https://theleaderswork.coachesconsole.com/calendar/stress-free-medical-career-strategy-session>

Or Download Your

In-Depth

Step-By-Step Plan to Having a Career in Medicine that's deeply satisfying and joyful here!



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