



[Click to Enroll](#) in the Full Video Training Series

Video #6 – Physician Burnout as a Calling rather than a Problem

Hi. Dr. Dike Drummond here from TheHappyMD.com and in this brief video, I'm going to show you why it really helps when you understand that burnout is actually not so much a problem as it is a calling. It's calling you to take your life on a new path, to define your relationship with your medical career from this point forward on your own terms. Let me tell you what I mean.

Until now, you've probably followed conventional wisdom on how to plan your career. You probably have done what's normal, what's expected of, and what you've been told is normal for most doctors and how is that going? You may be having a sensation that you've been on a path that you can't continue for very much longer. That something has to change. That's what I mean by a calling.

Right now, this is a place where you can begin to imagine your life different. For you having a relationship with medicine that's on your terms. For you being able to get more of what you want out of your career and your life from this point forward by giving yourself permission to design what I call an ideal practice vision and an ideal life vision. Let me tell you how you would do that.

First of all, give yourself permission. Give yourself permission to dream, to think about what you want rather than simply avoiding what you don't want.

Because for a lot of physicians who are at a point where they're feeling burned out and something has to change, they've lived their life to this point based on survival. Just like in residency, our prime motive was to survive the residency experience and you may have a feeling right now like your prime motivator has been simply to survive each office day or each day in the hospital for a while now. Well you don't have to just survive. You can actually think about getting more of what you really want and actually thriving but only if you give yourself permission.

Imagine this, imagine you have a magic wand and if you were to wave it, it would produce the perfect medical practice and the perfect life for you.

If that were true, if you had that magic wand, what would that practice and what would that life look like?

I encourage you to write that down in as much detail as humanly possible and I actually have a document you can download here on the page to help you create your ideal practice and ideal life vision. Here's what can happen from this point forward. You can begin to work a plan and



Physician Burnout Prevention — Video Training Series —

take steps so that your life aligns more and more and more with this vision that you have for yourself.

Without this vision process, without knowing where you're headed or how you want to change your life, I have seen plenty of doctors live the fable of jumping out of the frying pan into the fire. You have a practice situation that you don't like and in running away from what you don't want and not running towards anything, you end up in an even worse situation.

I've had a number of clients who've had that happen to them.

No matter where you are right now, stop, no sudden moves, don't do anything until you've written down your ideal practice and ideal life vision in enough detail that you can know it when you see it. Getting a new position or changing your relationship with your old position is based on you knowing more of what you want and moving in that general direction. That's how you can use burnout as a calling rather than a problem.

This is Dike Drummond here at TheHappyMD.com. I encourage you to download the handout here on the page and get started on your ideal practice vision so you can begin to live your medical career and live your life on your own terms from this point forward. Keep breathing and you have a great rest of your day.

=====

Ready for a change? Let me show you a personal action plan for lowering your stress and preventing burnout ... with a Discovery Session phone consult. This is a no cost, no obligation, totally confidential conversation so I can give you personal advice on how to feel better fast. [CLICK THIS LINK to see my online schedule and book your Discovery Session now](#)



Keep breathing and have a great rest of your day,

Dike

Dike Drummond MD

Get the tools so you can be a Happy MD at
www.TheHappyMD.com