

Your life,
your calling,
your pulse matters!



Truth Prescriptions
with Dr. Errin Weisman



Should I Quit Medicine?

Questions to ask when you are ready to throw in the towel

Before you tell your boss to suck it, I want you to consider these questions. I absolutely understand where you are coming from and want to offer some help as you navigate your situation. Because it's not illogical to think about changing but let's make sure you come to it from a good state of mind.

1. **Is this one, intolerable day or a pattern that is unbearable? Explain.**
2. **What about my situation makes me feel stuck?**
3. **What ways, in the past, have I tried to improve my situation?**
4. **What are my current options? (Brainstorm big & crazy)**
5. **What other angles can I think of this from? (Get outside just your own head!)**
6. **What resources (people and/or information) do I need to help me?**
7. **Knowing my amazing skills, talents, abilities, knowledge, etc. and realizing that anything is possible, if I could do anything, what would I do?**