Reflections from Punit, M4

“For me, the key to nurturing flexibility is listening to my gut feeling.

I believe they are unconscious decisions; a synthesis of all the things we perceive, but don’t actively think about. Paying attention to my gut feelings have helped me craft a satisfying work-life balance.

It can be perfectly reasonable to take on all kinds of tasks and behaviors because they make sense for our end goals. However, I’ve benefited a lot by learning to notice when something doesn’t feel right and asking questions about why.

Is this specialty really the right fit for me if the science is fun, but the workflow isn’t? Do I want to add a new research project to my schedule because it’s all I can imagine doing or because of anxiety about not matching to residency?

Rewriting your story

My image of myself as a doctor looks quite different from what I imagined five years ago. It aims for different peaks; it’s a little broader and less focused on abstraction. In my future, I’m always holding hands with somebody I love.

Rewriting this story took time and some courage but more than anything else, it feels aligned with my nature in a way it didn’t before I learned to trust my gut.”

Mindfulness is a practice of paying attention to our “gut feeling” in a non-judgmental way. Try it for free here.