

AKSHAY R.

WELLNESS STORY

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Check out the [Career Exploration Guide](#) to help navigate your path.

"During a ski lesson in my M2 year, an instructor told us about the **"off-piste" style of skiing**, when experts start somewhere up high and figure out a way down without trails or markers, making split-second decisions as they navigate slopes, ridges and trees. **A key principle here, and one that applies to the bunny hill too, is there is no time for regret. Embrace what is coming and start preparing for it.**

I used to think of medical training as a series of intense bursts of learning — on an inpatient clerkship, or in dedicated STEP study, or during PGY-2 — followed by periods of stagnation and in my case, inevitable self-doubt. Was that the right answer? Was this the right specialty? Is this the right career?

But I've found that **if I can direct myself to look forward, even after a rough turn on the mountain, I can catch my breath. The future becomes a bit clearer and another kind of time reigns, one which pushes my mind and body to grow.**

Life is off-piste. So let's look up at the view, smile, and focus on the next jump."

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