

MEGAN B.

WELLNESS STORY

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practice open
mindedness
everyday

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"Medical students are accustomed to setting ambitious goals and working diligently to achieve them—attending medical school often being one of those milestones. At the start of medical school, I was very regimented in my academic process and had a clear picture of what "success" would look like by the end. I worked tirelessly toward that vision.

As I progressed through third-year clerkships, I began to recognize that my constant grind toward a single goal was no longer serving me. A realization slowly emerged that there might be a better, more fulfilling path ahead.

With this in mind, *I approached the rest of my third year with openness and allowed myself to be fully present in each specialty I encountered.* This shift in mindset helped me discover a new direction that felt more like a calling than simply a career. I became energized by the possibilities of the future rather than fixated on a rigid path.

I found that remaining flexible and open-minded was the key to discovering where my genuine interests and passions truly lay."

