

The following tips revolve around three major topics:

1. Self-Care.

2. Reframe. Taking the positive out of all of the struggles and successes we face.

3. WORK. This process is going to take a lot of work, sacrifice, resilience, and perseverance, but it will be worth it.

Top 10 Things I wish I knew when I was a pre-med (Part 1)

1. Healthy habits start now

As physicians, if we are going to help people live their most fulfilling life, we have to take care of ourselves first physically, mentally, emotionally, spiritually, and financially. Now is the time to really lean into what these things mean to you, and how you're going to make those habits.

- Listen to your body, just like you listen to your patients and teach them to do the same!
 - Sleep
 - Workout
 - Eat balanced
- Spiritual and emotional care
- Mind care
- Financial care

2. Develop, invest in, and stay true to yourself

If you are constantly checking in with yourself, remembering what it is that sets your heart on fire, and maintaining your passion for those things, that will help see you through the toughest times.

- What makes you come alive?
- What were your hobbies growing up?
- What do you wish you could get into before you die?
- Places to go? Things to see?
- What sets your heart on fire?

3. Success is getting what you want. Happiness is liking what you get.

- Stay humble
- Be grateful
- Persevere and light the way

4. Take this time to explore all fields besides medicine

Arts, music, theater, philosophy, theology, history, language...

- Knowledge is...
 - Compassion
 - Creativity
 - Communication

It will help you connect with people of all backgrounds, whether those be your colleagues or your patients. It will make you a more effective and creative communicator and physician.

5. Explore different specialties and settings when selecting shadowing options

- Private v Academic
- Inpatient v Outpatient
- Children v Adults
- Men v Women
- Surgery v Procedures v Clinic
- And all the combinations of the above!
 - Plus specialties you may have never even heard of!