

# HOW TO CREATE A LIFE THAT YOU LOVE AS A DOCTOR IN TRAINING

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THINK BIG

INSTEAD OF CHASING A FEELING



ALASKA PROVIDING CARE TO INDIGENOUS PEOPLE



DR WITHOUT BORDERS



NONE OF MY JOBS WERE AS PROMISED

THE WORK FOR ME WAS ON MYSELF

THE ONLY THING WRONG WITH ME WAS I BELIEVED THAT THERE WAS SOMETHING WRONG WITH ME

SELF CARE IS



PATIENT CARE

LIGHT UP MY LITTLE CORNER



YOU GET WHAT YOU BELIEVE

"WHO DO I WANT TO BE IN THIS MOMENT?"

1 COMMIT TO YOURSELF

2 KNOW WHO YOU ARE

3 DON'T GO IT ALONE COACHES

4 SUCCESS & GREATNESS

5 CHALLENGES

6 ALIGNED ACTION

7 INTERPERSONAL LIFE

8 WORK & CAREER

9 HEALTH & WELLNESS

10 WEALTH & MONEY

BURNOUT CONTROL NEGATIVITY



CULTIVATE THE GARDEN

THAT ATTRACTS THE BUTTERFLY



CREATE THE LIFE THAT YOU WANT

YOU GET WHAT YOU BELIEVE



ALICIA KEYS

We have more on this topic!



ImageThink