



Clear Vision Notes

Welcome to Insider MD.

I'm Dr. Stephanie Wellington. I'm excited to partner with you, share with you, and support you on and through your next level of success in your life and medical career.

As you continue on this lifelong journey, I invite you to remember the success leaves clues and the fact that you are here in this place in your medical career means that you already have a solid foundation upon which to stand.

What you need now is the commitment to life long learning and the curriculum which is why you are here in this program. As you complete the exercises in each module you'll receive the accountability to move forward with purpose. Each module is designed to take you into immediate action, as I know time management is often a concern for doctors. I want you to get used to taking fast yet focused action toward your goals.

This first module is about creating your **Clear Vision Document**. I will walk you through the steps to establishing the first 4 pillars for a life and medical career you desire.

The objective of this exercise is to allow you to release the struggle that we adopt in the pursuit of becoming a doctor and replace it with positive expectation. This doesn't mean that achieving your goals will be easy and won't require you to do some work and some heavy lifting. In life you will find that there are many ways you will be tested both literally and figuratively. The shift that will occur is that you will begin to work from a place of peace and ease and joy, aligning with your purpose.

The 4 pillars we'll focus in the exercise are

- 1. Profession and Career**
- 2. Relationships**
- 3. Finances**
- 4. Purpose | Faith | Spirituality**

I invite you to complete this exercise with the belief that you can have a life as a doctor that brings you joy and enthusiasm as you serve your patients, your family, without having to neglect yourself.

As you complete the sentence prompts and questions, you will begin to realize that creating and manifesting your life and career is so much more than merely making a list of this things you want. It is about starting from a place of positive energy and then reconnecting to that energy consistently, meaning everyday, so that you are feeling energized to take the consistent actions needed to move it into view.



Decisions become clearer once you know what you truly desire. You become laser focused and set intentions so that you begin to see opportunities everywhere. You learn the lessons from the set backs as they become the set up for your next best level and outcome.

Recommendations to optimize this exercise

1. Print out the worksheet.
2. Read through it in its entirety before answering any of the questions.
3. Allow the questions to sit on your mind for a while, maybe even a day. Consider allowing them to marinate in your mind, body, and soul.
4. Ask yourself what does the ideal really look like for you? More importantly, what does it feel like? What are the feelings and emotions you desire to experience as you move throughout your life and career now and in the future?
5. Once the emotional attachment is established, then and only then, do you grab a pen and begin writing.

I strongly recommend you actually write out your responses. Then keep this document in a safe, easy to access place so that you can reference often.

If you have any questions, send me an email at Stephanie@NurturingMDS.com

And as always take a few minutes to be in gratitude for all that you have and all that is on its way to you.