



## Module 3 Focus Forward Notes

Welcome to Insider MD.

I'm Dr. Stephanie. I'm excited to partner with you, share with you, and support you on 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 in this place in your medical career means that you already have a solid foundation upon which to stand.

What you need is the curriculum and the commitment to life long learning. That's why you are here.

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 is a factor for doctors. I want you to get used to taking fast, yet focused action toward your goals.

The purpose of Module 3 Focus Forward 50 is to shift your focus, attention, and your energy towards possibility and away from what is not working.

Because of the culture in medicine, doctors often equate their self-worth, self-esteem, and confidence to their level of success. As a result we strive for what's next, often leaving little time to celebrate and enjoy our present achievements. We compare our path with others instead of setting our own standards and benchmarks based on our unique gifts and talents. When we shift the focus to our self that's when we have access to our brilliance and can operate in our genius zone.

Focusing positively on what is possible, that's the first step to releasing the struggle in medicine invite in more ease and flow into your life and career.

This module is about doing exactly that, focusing forward on the 50 statements that shift you into positive expectation. This is the gateway to your brilliance.

Instructions for this module:

Step 1. Print out the worksheet

Step 2. Write 50 statements that positively represent who you are and who you desire to be in your life and career.

You might start with a list of your accomplishments.

Use your Clear Vision Document for ideas and inspiration. The goal of writing 50 statements is that at some point you will shift from the 'doing statements' or 'having statements' and enter into the zone of who you are being when you show up in your brilliance. This is where your power lies.

Create statement in the present tense as if they are happening right now.



Examples might be:

1. I am happy
2. I am peaceful
3. I have the resources to achieve my goals
4. I have all the time to have meaningful connections with my children.
5. I get to enjoy wonderful vacations by myself to completely unwind
6. I love myself
7. The exact right people support me every day and in every way.

Create your own list of positive statements that make you feel pure joy when you read them. These are your positive affirmations.

Once you've completed this exercise, schedule time each day to read your list and feel great as you reading it. Tap into the positive energy that each statement elicits. This is where you receive the full value of this exercise. Consider reading it every morning as great way to set the intention for your day and add it to the Daily Success Habits that you're creating. Focus Forward on the positive feelings and energy.

If you have any questions, send me an email at [Stephanie@NurturingMDS.com](mailto: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.