



Episode 185: Tomorrow Never Comes

with Dr Rachel Morris

Medical professionals all around the world are experiencing burnout and exhaustion. Yet, many of us fail to realize it's a problem. There's a widespread belief that we need to keep holding on, because it will be better in the future. Unfortunately, the future may not be better and we're just running ourselves to the point of burnout.

In this full episode, we discuss the three ways you can start to change. This involves creating urgency, being wary of partial solutions, and taking action. It's difficult to depend on a future that's uncertain and one where you don't have power over, so it's time to change your mindset and start taking charge of your present.

If you're looking to start reflecting on what changes you can do today, this episode and workbook is for you!

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Quote to remember:

‘Tomorrow never comes and when tomorrow does come, there you are with all your own stuff, so you'll have overloaded yourself with even more tomorrow. So make sure that things are sustainable today.’

What You Will Learn

The future is uncertain. We may believe things may get better, but it's often not the case. If you have this mindset, you'll always be dependent on the action of others who may not have your best interests at heart.

This activity serves as a reminder to check in on yourself and how you're giving others control over your present situation. Change is difficult, but you need to realize that a better future is only possible if you start working on it today.

It's hard to take action when we don't realize how bad the situation is. For most of us, overworking has become the new norm. Take a step back and reflect on what may happen in six months, or more, if this situation continues. Think about consequences holistically; your reflection can include your health, workload, and even family and friendships.

Be aware of your tendency to tolerate situations. Many of us fall into the trap of romanticizing the situation when it becomes slightly better. This makes it harder for us to change.

Finally, you will be challenged to think about how to take action today. This involves knowing what you really want and what is in your zone of power. Remember, take action as soon as possible, this is the only way to make the future you want.

Activity: Strategies to Take Action Today

Q1. After listening to the episode, what are your key takeaways about the belief of waiting for a future that “gets better”?



Q2. In your experience, what is something you're waiting to get better in the future? In the space below, describe your frustrations and also what exactly you're hoping for in the future.

Q3. Creating urgency will push you into action. If you carry on like this for the next six months, what might happen? Think about potential consequences or you can also base it on the experiences of your colleagues.

Q4. Beware of partial solutions. Do you find yourself tolerating the situation when it gets a little better?

Q5. Take action. If you can wave a magic wand right now and create a new reality, what would that look like?

Q6. In the following questions, we'll dive deeper into how you can take action



a) Is there anything that you can ignore for a definite time period in order to focus on something? If yes, make sure to have a definite timeline.

b) Is this a situation where you can wait and see? If yes, what kind of safety net will protect you when things become worse?

c) What is in your zone of power?

d) What do you think is stopping you from taking action?

Q7. After reflecting on your situation, what will be your immediate action? How do you plan to do this?



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