



Episode 240: What's so important about purpose?

with Dr Mark Shrime

Date

Total CPD hours

EPISODE SUMMARY

“Why do you do what you do?” is a big question, and one we all wrestle with from time to time. The answer can change over time, so it's worth re-asking it regularly, to make sure we're where we really need to be.

In this episode, Dr Mark Shrime joins Rachel to discuss what the Japanese call *ikigai*, but which we might think of as our sense of purpose.

The process starts with asking ourselves why we do what we do. We need to consider what we love, what we're good at, what the world needs, and what we can get paid for. This reflection can guide us in making decisions that lead to a more fulfilling career.

Without that sense of fulfilment, even if we are in a seemingly purpose-driven profession, we can end up feeling stuck and needing a change.

But by taking a moment every few months to think about why you're doing what you're doing, you can align yourself with your purpose, and make tweaks along the way to keep yourself on track to being exactly where you need to be.

IN THIS EPISODE, YOU'LL:





- Discover the importance of aligning purpose with personal and professional life to inform your day to day choices
- Understand the concept of Ikigai and how it helps in identifying a fulfilling and sustainable purpose
- Explore the link between purpose and burnout, and how understanding (and regularly revisiting) your purpose can impact your wellbeing

LISTEN

More episodes of You Are Not A Frog:

[How to Reconnect With Your Purpose in Life](#)

Episode 94, with Dr Richard Pile

[Should I Stay or Should I Go?](#)

Episode 89, with Corrina Gordon-Barnes

[Finding Your North Star](#)

Episode 208

WATCH

[Watch the video version on YouTube](#)

Episode 240: What's so important about purpose?

READ





[Solving for Why: A Surgeon's Journey to Discover the Transformative Power of Purpose](#)

Mark's book

DO

List three things you have learned from this episode which have had an impact on you

Write down what action(s) you will take as a result of listening

Suggest how these actions will make a difference to you, your colleagues or your patients

Write down how you will know that a positive change has happened - what does good look like?



ADDITIONAL RESOURCES

Download [Get Your Life Back](#), the 60-minute reset for overwhelmed healthcare professionals.

Check out our [Beat Stress & Thrive](#) course to learn the full system of tools to help you beat burnout and master your workload.

Find out more about the [Shapes Toolkit Training](#) we offer to teams and organisations

Check out more free resources from [You Are Not a Frog](#)

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HAVE QUESTIONS?

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