



Episode 168: How to Do Something Different in Your Career

Life can get stressful but dull when your weekly routines consist of completing the same tasks and duties time and time again. In high-pressure, high-intensity professions like medicine, such repetitiveness can result in burnout. But stepping outside of the status quo often seems too daunting. Risk of failure, insecurities regarding credentials, and lack of confidence dissuade many from attempting trying something new such as setting up a new business venture.

In this episode, Jo Watkins joins Rachel to discuss entrepreneurial possibilities for doctors and others in high-performance professions. Together, we will explore what it takes to start a business that fits your current purpose in life. Learn how to apply valuable skills from your profession to a meaningful venture. It won't be easy, but you might discover newfound joy from experiencing something meaningful outside your monotonous life.

If you have a business idea or are looking to experience something new, then this episode is for you. Don't hold yourself back from fulfilling the WHY in your life.

Podcast links

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Guest links

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Quote to remember:

'We all need to have things to look forward to. Bringing in those little adventures and plans. Little ones, big ones, whatever they are, will keep you going in these busy times that we're in.'

What You Will Learn

No matter how much you like your job, it can start to feel stagnant. Undergoing a repetitive cycle of the same tasks and activities, despite decent compensation, can still lead to burnout and stress. Amidst all this, sometimes an idea for improving a product or an entirely new business comes to mind. It doesn't even have to be for profit; sometimes you just want to do it for yourself, doing things that light you up. However, as is the case for many, you might not know even where to start.

In this activity, you will explore the thoughts and worries that deter people from starting a business and pursuing different things outside their jobs. It's often a lack of confidence that causes this reluctance. Your education and experience as a medical professional may have shaped you to fear failure and think you might not be enough.

You may also have worries about your skills and whether they are transferable from your current profession. Investigating and challenging these preconceptions may prove beneficial to your confidence. Make time to explore what you think you can do and what you want to do.

Starting a new business isn't just about doing whatever might be the most successful. Although taking a working recipe and tweaking it to fit your context and situation is productive, your ventures should align with your goals in life. In this activity, you will learn to consider the WHY of your life. These can change as your life also changes. As a result, the ventures and passions you pursue can also shift.



Lastly, learn to enjoy the experience of being an entrepreneur. It can be a long process requiring significant investment. It's easy to despair when you don't reach your goals immediately. So how about reframing failures as testing phases? Think of them as part of the learning process, as you figure out what works and what you enjoy.

Activity: Self-Reflection Towards Better Decision-Making

Q1. Are you currently dealing with a repetitive daily routine? How satisfied are you with your current profession? Explain your answers.

Q2. What business ideas or creative outlets have you considered trying? Share your ideas below and what you want to do should you ever pursue them.

Q3. Explain why you haven't ever started your own business, or tried something new. What are the thoughts and worries causing your reluctance?

Q4.1. List 5 skills, including those discussed in the episode, you believe are relevant to operating a business. Describe how they can be helpful in any business aspect.



Q4.2. Reflect on the skills you listed: are they something you've already developed in your career? How do these skills show up in your job?

Q5. What are your current goals, priorities, and interests in life? Describe what Jo explains as the WHY of your life.

Q6. How can you integrate your current life dreams and desires into a business opportunity?

Q7. What are the potential setbacks you can experience? Explain how you plan to overcome them.

Q8.1. Briefly describe 3 potential new ventures that would be meaningful and seem enjoyable to you.

- a.
- b.
- c.

Q8.2. Choose one of your business ideas above and fill out the details below.

Name of Business.



Purpose and Goal.

Product/Service Offered.

Expected time until fully operational.

Expected investment needed.

Q9. What are your key takeaways from the episode and this activity?

CPD time claimed:

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