



Episode 91: How to break up with your toxic relationship with your career

with Dr Pauline Morris

Dr Pauline Morris joins us in this episode to share the things that often hold us back from being happy and productive in our careers. With her experience of career counselling with doctors, she helps us to figure out the complexities of attaining a successful career and fulfilling life.

We explore the reasons why we might feel directionless in our careers. Often, we feel stuck in a rut simply because we have not taken the time to understand what we really want out of our lives and careers. To feel happy and fulfilled in your career, you will need to leverage your unique strengths and skills — a task that requires self-examination, honesty, and transparency with yourself.

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Quote to remember:

'We do have a choice, but it does take deliberate thought and deliberate action. You cannot be a passenger in your own life.'

What You Will Learn

It can be frustrating to have spent so much time working towards your career only to feel that it doesn't bring you joy or satisfaction anymore. You might feel that you have wasted your time or that you've disappointed other people.

This workbook aims to help you figure out what you want out of life, not just your job. The life you want and the things you enjoy should align with the career path you pursue. Hopefully, this will help give you a clear vision of the life you're aiming for.

When answering these questions, remember that this is about what you want, not what your job wants from you. Be honest about what you want, even if it may not be spectacular or grand. It's not incompetent or inadequate of you to not be an expert in all things and not want great things. By working out what you want, and identifying what doesn't spark joy for you, you'll learn to say no to things you don't enjoy and not bend yourself into shapes which don't suit you!



Activity: Getting to Know Yourself

Q1 The main reason we might feel stuck, lost, or unhappy with our careers is that we aren't in touch with ourselves. Take time to reflect on yourself.

What kind of life do you want to live?

How do you want to manage your time? Describe your ideal schedule. Include both your working time and time for yourself.

What tasks do you enjoy doing?

What are your goals in your career?

Q2 Sometimes, you end up stuck in your comfort zone — it's familiar and easier to deal with than the unknown. Getting out of your comfort zone often starts with simple steps. Choose a couple of activities below to step out of your comfort zone



- Eat something you've never tried before.
- Declutter your room.
- Work in a different area of your house.
- Watch a movie in a genre you've never seen before.
- Make up a new recipe.
- Sign up for a class you've always wanted to take.
- Say no to something you don't like to do but often do out of guilt, pressure, or obligation.
- Instead of stressing every single detail, decide it with a coin toss.
- Change one thing in your daily routine.

Q3 Our capacity to care for others is unlimited but we need to get something back as well. Self-care is the best way to do so and can be in whatever form you want it to be. Write down at least five ways you can practice self-care.

Q4. The world has made us believe that everything we do must be exceptional and we must be the best at everything. Often, this leads to guilt when we spend time on things that are considered unproductive. Write down three seemingly 'unproductive' things you enjoy doing, no matter how unimpressive they might seem.



Do some of these things in your free time!

Q5 Your job needs to be aligned with who you are and what you want, so it's important to have a good grasp of how your job fits your personality and how it makes you feel.

What do you enjoy about your job?

What do you like or dislike about your work environment?

What are your unique strengths?

What is your vision of a successful career and a fulfilling life?

What makes you genuinely happy? What makes your heart sing?

CPD time claimed:

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