

*One of the greatest regrets in life is being what others would want you to be, rather than being yourself.*  
- Shannon L Alder

---

Sometimes in my work with physicians and advanced practice professionals we get to a place where the big question for them is whether they are being true to the person they are meant to be, or just following a path that was set in motion by the influence of others early in their lives.

Dr. Lost asked herself this same question. Tears flowed easily when she talked about her feelings, sighing often between her words. At first, her focus was on how she was letting everyone down. As she talked more about her feelings of loneliness and despair, she started to hear her own story.

She had gone through her life with very supportive parents and later, a successful and supportive husband, all of whom had a clear vision for her future. At different times during her education and training she questioned whether she was following the right path. Each time she was encouraged that her doubts were just the "price you pay for success..." and was told, "it will all be good in the end." Now that she had "arrived" and was in a thriving practice and she was miserable.

How often have you stopped and wondered if you were on your own path or one that was set by other forces? Or how often do you stop and appreciate that you are, in fact, exactly where you are meant to be? When we take notice of our lives, we can check our bearings and celebrate where we are or adjust our journey to meet the changes that we have encountered.

It is important to pause, reflect, practice self-compassion, and move gently forward in a direction that supports our gifts and feeds our souls. Dr. Lost was able to make small changes that helped her continue along the old, worn path she had created with new eyes on the lookout for opportunities that fed her spirit. For others the changes they need to make are greater. Reflection, evaluation, and action can empower you toward the adventure of a lifetime! May your path be one of your choosing and shared with those you love and who celebrate who you are!

Thank you for all that you do! - *Kathy*



**The Center for  
Physician Wellbeing**  
*Honoring the Expertise and Humanity  
of Physicians*

Kathleen Gibney, PhD, ABPP, LMHC  
Psychologist  
(407) 303-9674

