

FIERCE FREEDOM AWAITS

with Dr. Yashika Dooley

Dr. Yashika Dooley:

This is the Fierce Freedom Awaits podcast, Episode 1.

Hello, and welcome to the podcast. I'm your host, Dr. Yashika Dooley. I'm all about taking massive action and changing the lives of women in medicine. I am here to tell you that medicine in the clinical world is quickly changing and that the ideas and beliefs of working harder and being on this never-ending treadmill is really not serving you.

If you have the freedom to make choices with more intention, what kind of impact could you be making right now in your life, the life of your family, the life of your community? What is the legacy that you wish to lead? I believe that everything happens for a reason and if you are listening to me right now, I know that you are craving something more. You want to take advantage of your passion and craft a way to live a better life. You are ready to choose a life of abundance and you realize that the key to your future and the key to your freedom is within your control.

My life is all about family and as a wife and mother I realize that my connection and my time with them is important. As doctors we have all gotten to our current place by studying and working hard. Often this comes at a cost of our own health and our own wellness. There right now is an epidemic of overwhelm and burn out in medicine. As a black woman, I have experienced firsthand the micro aggressions and roadblocks that women face in our field. I am here to share with you my story and the story of other women who have taken action and continue to make change happen.

I really believe that many things are outside of our control, but I also know that many of us are holding onto beliefs and thoughts that are not serving you. They're actually preventing us from living in an abundant life. I want to help remove all of those beliefs. This podcast is about you. It's about hanging out with friends and learning from one another.

My goal is to connect you with awesome resources and opportunities as well as other women in medicine so that we can connect on a deeper level and learn ways to master our minds, gain more traction and momentum in both our person and our professional lives. I want us to grow the next level of healthcare leaders who not only live but thrive in clinical medicine and

beyond. The strategies I'm going to teach you today are this; quick and simple, but they are going to reset your life and start you on the path to success.

Number one, let go of perfection. We're not perfect and we're all going to have times where we make mistakes or that there are failures. That's okay. Sometimes it's our efforts to try to do everything just right that is really what's holding us back. Let go of perfection.

Number two, let go of limiting beliefs and thoughts. Have you ever been told you can't do this, that's not going to work, these two things will never go together, you can't have it all? I say why not? Those are limiting beliefs. Those beliefs are already roadblocks, stumbling blocks that are preventing us from getting to that next level. Let go of those beliefs. I invite you to open your heart and your mind to all that is possible and know that if you desire it, if you set your intention and your alignment correctly, you can make it happen.

Number three, make happiness a priority. Make you a priority. Now, I know life is not all about unicorns and fairies and it's not always going to be amazing. It's the good and the bad, the yin and the yang that help us to really appreciate the best parts of our life. What we choose to focus on is really what is reflected back to us. If you make happiness a priority, realizing that everything is not going to be great, that's okay. If you start each day and set each day with the idea that my day is going to be amazing, this is going to be awesome, I'm going to have a great time, the world reflects back to you exactly what you put out there.

I want you to know that this Fierce Freedom Awaits podcast is all about us. If you enjoy this show, I want you to come back, hang out with us each week, and make sure that you subscribe so that you are one of the first in the know, hearing all about all the amazing things that we have going on. Head on over to FierceFreedomAwaits.com, check out the show, make sure you subscribe, and get all the tips and resources. I'll see you here soon. Thanks.