

Episode 25 | How to Reboot Your Vet Med Life

FULL EPISODE TRANSCRIPT



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| 1

A look behind the scenes and how you can reboot your entire veterinary experience, that's what we're talking about in Episode 25.

Welcome to the Joyful DVM Podcast. I'm your host, Veterinarian, and Certified Life Coach, Cari Wise. Whether you're dealing with the challenges in Vet Med, struggling with self-confidence, or you're just trying to figure out how to create a life and a career that you actually enjoy, you'll find encouragement, education, and empowering concepts, you can apply right away. Let's get started.

Hey guys! Welcome to Episode 25. Today's episode is going to be a little bit different. I'm actually pulling back the curtain and I want to tell you about a project I've been working on over here at Joyful DVM. Things have been growing like crazy, and I'm so excited about what 2021 is going to bring for all of us. So I thought I'd share with you what's coming up in the next few weeks and then the next few months so that perhaps you can plan ahead and join us.

First off, let's just talk about our resource portal. For any of you who are in Vet Life Academy, hang onto your hats because changes are coming and you're going to love what we've created. Inside Joyful DVM's resource portal, everything's getting overhauled.

We're talking new platform. We're talking about new features. And if you've ever wished that we had a way for you to communicate with peers within your profession and what I mean by that is to have an area where you could talk to veterinarians if you're a veterinarian, or you could speak with other veterinary technicians if you're a vet tech, or you could collaborate with other practice owners if you're a practice owner, up until now, we've not had the ability to do that because our community has been on Facebook, which I have not loved.

Well, I want to tell you what, with this new resource portal, that changes. I'm going to be able to create designated areas for these safe discussions. We no longer have to be concerned about who's watching. That's not our community anyway, right? I've built so much privacy into Vet Life Academy and all the Joyful DVM tools, and I've done this intentionally because let's face it, we're not always nice to each other in veterinary medicine. And I don't want those shenanigans going on inside of our programs, but now what I've done is I've taken it even another step further.

We're getting completely off Facebook for the community aspect. It's going to be in a completely private area where we can kind of hone it down into, by profession, as well as having areas where we can talk together. I'm so excited because I think we're going to have the opportunity to build the community aspect of Vet Life Academy and the other Joyful DVM programs that up until now, we just really haven't had the best opportunity to do. That's coming very soon, and if you're already in Vet Life Academy, you're going to be learning more about it and how to get it all set up. And what's also super exciting is there's going to be an app that goes with it and that app is going to be way better than what we've already had.

Episode 25 | How to Reboot Your Vet Med Life

FULL EPISODE TRANSCRIPT

| 2

So those resource portals, everything, my friends, everything is going to be in one place. No more bouncing between Facebook for community and Zoom for our live calls and then jumping into Kajabi to get the content. We're not doing that anymore. It's all going to be in one place and you can get it all right on your mobile device if you want to. I am so excited I can't even stand it. That's just one of the things that are coming.

Another thing that's coming is a new program. Now, for those of you who are in Vet Life Academy, you're getting this program as part of your membership. So you're already going to get it. But for those of you who aren't, you need to listen up because this is an opportunity that's going to first be available to just you. Brand new people who are not part of the Vet Life Academy yet, this program is going to be starting very soon and I'm going to start with you. It's the Vet Life Reboot.

So if you've been frustrated in veterinary medicine, if you've been questioning your decision to go into this profession, if you've been looking for a way out, if you've been thinking of changing jobs or changing career areas, or just getting away from veterinary medicine altogether, you're going to want to check out the Vet Life Reboot. We're going to spend an intensive six weeks together. So by the time the new year gets here, you're going to be well equipped to have a completely different experience in 2021 than what you had in 2020.

It's going to be amazing. We are going to learn how to improve work-life balance. We are going to learn how to improve stress. Now, let's think about that. If you could create more work-life balance and if you could decrease stress, would your entire veterinary experience be different? I suspect that it would be because that's what you've been telling me. All you need are some specific skills in your tool belt to be able to create this for yourself.

We're done waiting around for other people to be different before we can be happy. If you're waiting for your experience to change because of the things that are happening around you, like those things need to be different before you can be happy, before you can have work-life balance, before you can be unstressed, then you're going to be waiting on that forever. There's no need. You actually have the power to create those things for yourself right now. And in Vet Life Reboot, I'm going to show you exactly what I'm talking about. You're going to learn this material. You're going to be equipped with new skills.

Now, as I said, you're going to start 2021 with a completely different perspective - empowered over creating what you want for your future. If you're interested in this, you definitely need to jump over to joyfuldvm.com/reboot and check it out. That's where we're going to be gathering our first group of people to go through this brand new program. We're going to be doing it live, week after week, coming up very, very soon, and I don't want you to miss out.

Episode 25 | How to Reboot Your Vet Med Life

FULL EPISODE TRANSCRIPT

| 3

For those of you in Vet Life Academy, stay tuned because you're going to have access to this as well. You're not missing a thing by not being in this first group.

In this first group, though, what I want to do is I want to take this opportunity for people who have maybe put off joining Vet life Academy. They haven't done it yet. They're considering it. I want that group of people to be in this first group of Vet Life Reboot.

My friends, we are in this together. There is no reason for us to continue fighting against each other. There's no reason for us to continue to believe that we can't have joyful fulfilling lives that include both family time and friend time and hobby time and veterinary medicine time, all together. We don't have to sacrifice the rest of our lives just to have this profession. It was never supposed to be that way.

So if you find yourself believing that Vet Med has ruined your life, just know that you're not alone. Many, many of us believe that, and we only believe that because we just don't have the tools. We just don't understand what's actually happening. So we don't feel like we have any power. We don't feel like we have any choices. And we believe we're trapped by things like obligation and responsibility and student loan debts and things like that. And I want to promise you that you are not.

Everything that you want for your future is completely available to you. I promise you that this is true, but I know how hard it is to see it when you're so stuck in the weeds of the stress and the anxiety and the repeated Groundhog day that is what veterinary medicine becomes for many of us. Get up. Go to work. Deal with all the chaos of the day. Go through a fast-food restaurant or find some other junk food on the way home. Collapsed on the couch. Maybe make it to bed. Maybe not make it to bed. Get up the next morning. Do it all again. And when you do finally have a day off, you're so freaked out about the idea of going back the next day that it ruins it. I call this Sunday blues. When it used to happen to me on Sundays. You spend your day off in anxiety over going back to work the next day. You can't even enjoy your time away. It's no way to live and it's not required in veterinary medicine although a lot of us live this lifestyle. You don't have to.

What I want you to know is there's a community of people out there who believe that it can be different. There's that community of people out there who are willing to dive in and do the personal development work to figure out how to take back control of their lives. And we are here to welcome you with open arms. This is a safe place. We don't bitch and moan here. We don't point fingers here. We don't abdicate responsibility for our own lives to things outside of us. Instead, we get to work getting to know ourselves. We get to work trying to figure out why it is that we make the choices that we do and how we can make choices that are different moving forward.

In Vet Life Reboot, we're going to look at the five areas that contribute to the ability to create work-

Episode 25 | How to Reboot Your Vet Med Life

FULL EPISODE TRANSCRIPT

| 4

life balance. Those five areas are Future Focus, Boundaries, Self-confidence, Personal Efficiency, and Mindset Management. We're going to dig into all of those different areas over six weeks, which by the time you hit 2021, it's going to be a totally different game. You're going to have an awareness and a perspective so different than right now. You're not going to believe how easy it is to change the way that you feel, day in and day out, and you don't even have to quit your job to do it.

Take your power back, my friends. Everything you want for your life is one intentional decision away.

So if you're ready to start 2021 on a new page, if you have considered this, you've been listening to me for a while, you may be thought about doing Vet Life Academy and you missed out on our lifetime opportunities, just know that you didn't miss the boat. This was created just for you - Vet Life Reboot. Check it out, joyfuldvm.com/reboot, and I'd love to see you in our inaugural class starting soon.

Alright, my friends, that's going to wrap it up for this week and I'll see you next time.

Thank you for listening to the Joyful DVM Podcast. If you'd like to learn more about the concept and ideas discussed here, and how to apply them to your own life to create confidence and empowerment for yourself, you'll love Vet Life Academy. To check it out and learn more, visit joyfuldvm.com/vetlifeacademy. And if you're loving this podcast, I'd appreciate it if you'd share it with your friends and leave us a review on iTunes.

We can change what's possible in Vet Med together.