

Protecting your Priorities!

Marion McCrary MD FACP

and

Fariha Shafi MD FACP



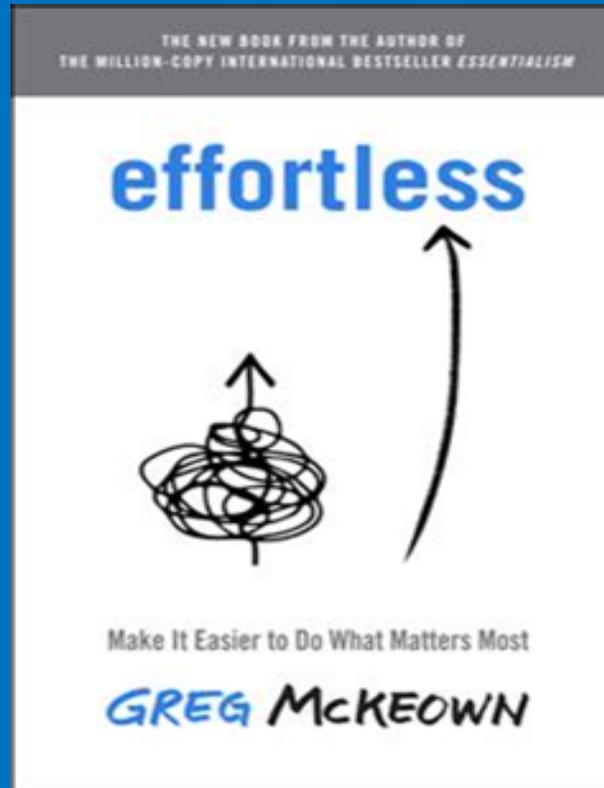
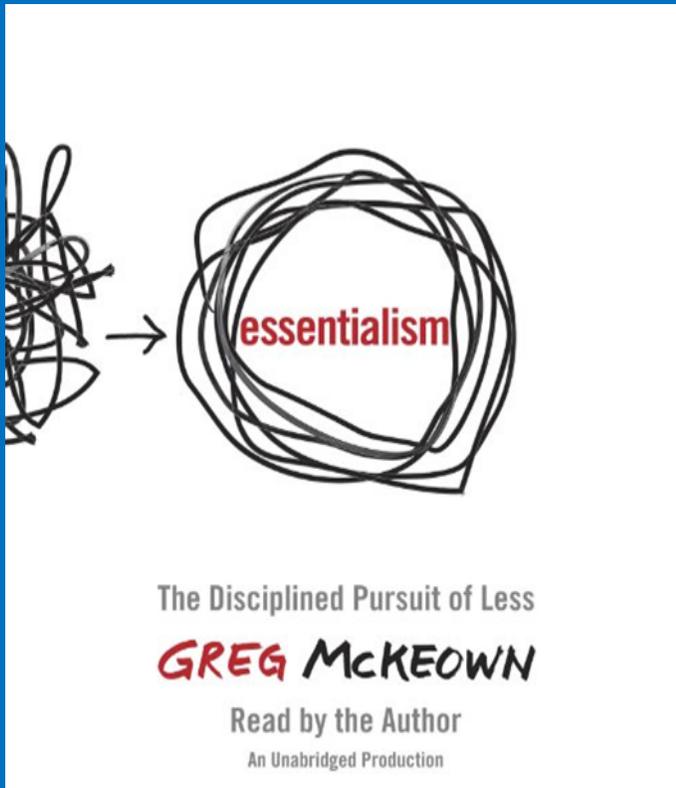


Take Home Points

- Ponder 6 key questions to help you dial in to your priorities.
- Explore ways to get more comfortable saying NO.
- Practice setting boundaries.
- Leave with at least 1 practical thing you can do tonight or tomorrow to protect your time.

**How have you
determined
your priorities
up to this point?**

6 Questions to Ask Yourself





Invitation

by

Mary Oliver

**What is most
essential to
you in one
word?**



**Why is that so
important to
you?**

One sentence only



**What have you
said yes to that
you most
regret?**



**What is something
essential that used
to be hard for you
that you have
made effortless?**



**What is something
essential that you are
under-investing in?**



**What could you do
in 10 minutes to
make progress on
what you just said?**





**How can you
make this
happen?**

Boundaries are...

Positive- Your Friend

- They protect what you are saying yes to- your priorities!
- They are protective of your time, living things and relationships

Made to be Shared

- Share with others - Teach them
- If you hide them, that is a set up for frustration for both you and them

Under Your Control

- You choose when to enforce them.
- Brick vs Mesh

**What do
Boundaries
look like for
Doctors?**

BOUNDARIES FOR WOMEN PHYSICIANS



LOVE YOUR
LIFE AND
CAREER IN
MEDICINE

TAMMIE
CHANG, MD



BRAVE BOUNDARIES

Strategies to Say No, Stand Strong,
and Take Control of Your Time

The Key to Living Empowered

SASHA SHILLCUTT, MD

Remember that your value is not measured by how helpful, giving, or available you are. Your value is you, and you are enough without having to please anyone around you.

**What would be
possible if you
lived by your
priorities with
supporting
boundaries?**

Take Aways from these Doctors



Who is sitting on your lawn? No is a complete sentence. Don't answer right away!
Who will support you? How can you set expectations? What can you do today?

**How and
when can
you say No?**



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Questions, Feedback, Follow-up, or Fun



Marion McCrary: marionmccrarymd@gmail.com

Fariha Shafi: shafif@umkc.edu