

BOOK CLUB DISCUSSION GUIDE

The Purposeful MD:
Creating the Life You Love
Without Guilt

by Dr. Laura Suttin



PurposefulMD

INTRODUCTION

In *The Purposeful MD*, Dr. Laura Suttin explores the challenges faced by medical professionals in balancing their demanding careers with personal fulfillment and well-being.

The book offers practical strategies for creating a purposeful life, encouraging readers to pursue their passions while avoiding the guilt often associated with professional responsibilities.



DISCUSSION QUESTIONS

1. Initial Impressions:

- What were your overall thoughts on the book? Did it resonate with you personally or professionally?

- Did any particular chapter or concept stand out to you? Why?

2. Themes of Guilt and Purpose:

- Dr. Suttin discusses the feelings of guilt that many medical professionals experience. How does she suggest overcoming these feelings?

- In what ways do you think guilt impacts the lives of physicians differently than other professions?

3. Work-Life Balance:

What are some strategies the book provides for achieving work-life balance? Which strategies do you find most practical or appealing?

How has your own experience with work-life balance influenced your perspective on the concepts presented in the book?

4. Personal Stories:

Dr. Suttin shares stories from her own journey and those of other medical professionals. How did these anecdotes enhance your understanding of the themes in the book?

Can you relate to any of the personal stories shared? How did they connect with your experiences?

5. Actionable Steps:

The book emphasizes the importance of taking actionable steps toward creating a fulfilling life. What actionable step from the book do you feel most inspired to implement in your life?

How important do you think it is to have a support system when making changes to one's lifestyle or career, especially in high-pressure jobs like medicine?

6. Reflection on Purpose:

Dr. Suttin encourages readers to define their purpose. How has your understanding of your own purpose evolved after reading this book?

What exercises or reflections from the book did you find most helpful in clarifying your purpose?

7. Impact on Future Generations:

What do you think the implications are for upcoming generations of medical professionals in terms of work-life balance and self-care?

How can mentorship be structured differently to foster this kind of purposeful living in future physicians?

8. Challenges to Implementing Change:

What challenges do you foresee in trying to adopt the strategies outlined in the book? How can you overcome these challenges?

Are there societal or institutional barriers that make it difficult for medical professionals to prioritize self-care and a balanced life?

9. Support and Community:

Dr. Suttin discusses the importance of connection and community. In what ways do you believe forming a community can support physicians in their journey toward a guilt-free, purposeful life?

Have you participated in or seen any effective communities or groups that aim to support medical professionals in this way?

10. Final Thoughts:

After finishing the book, how has your perspective shifted regarding the life of a medical professional?

Would you recommend this book to others in the medical field? Why or why not?

ACTIVITIES FOR THE GROUP

1. Personal Reflections:

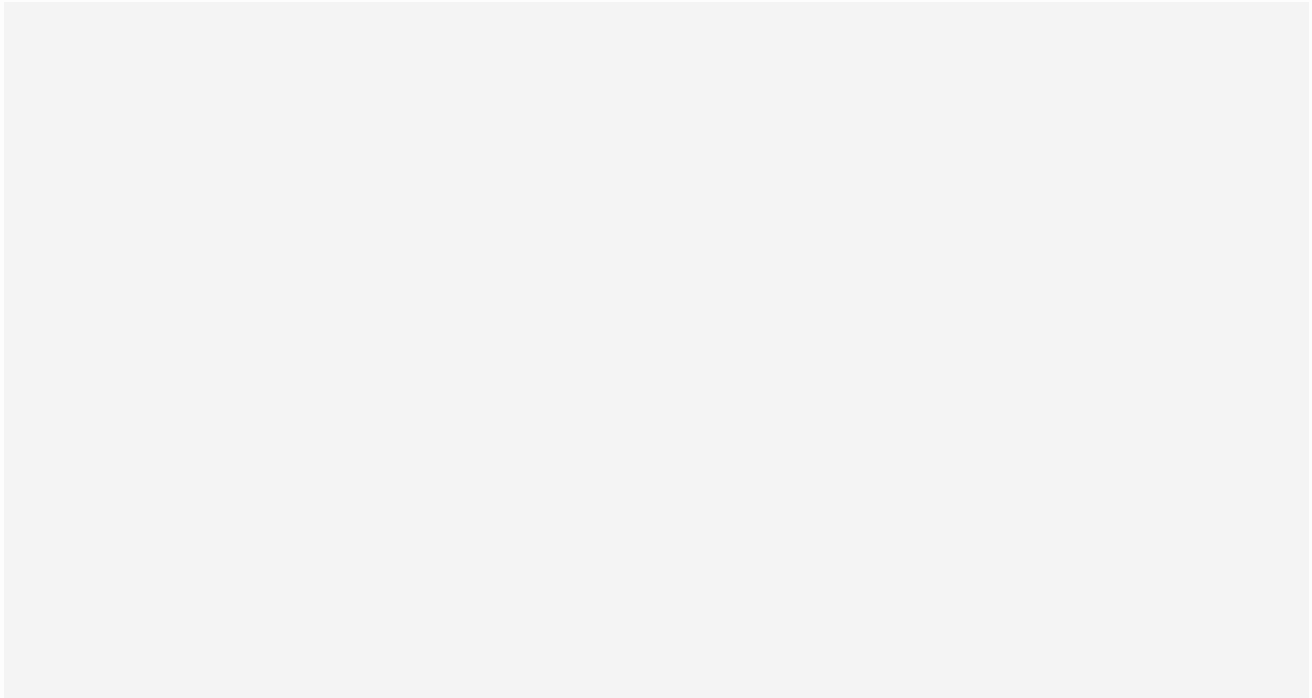
Ask members to write down one personal goal they want to achieve and one action step they can take to move toward that goal, inspired by the book.

2. Role-Playing:

In pairs, role-play a scenario where one person practices setting boundaries in a professional setting, using techniques learned from the book.

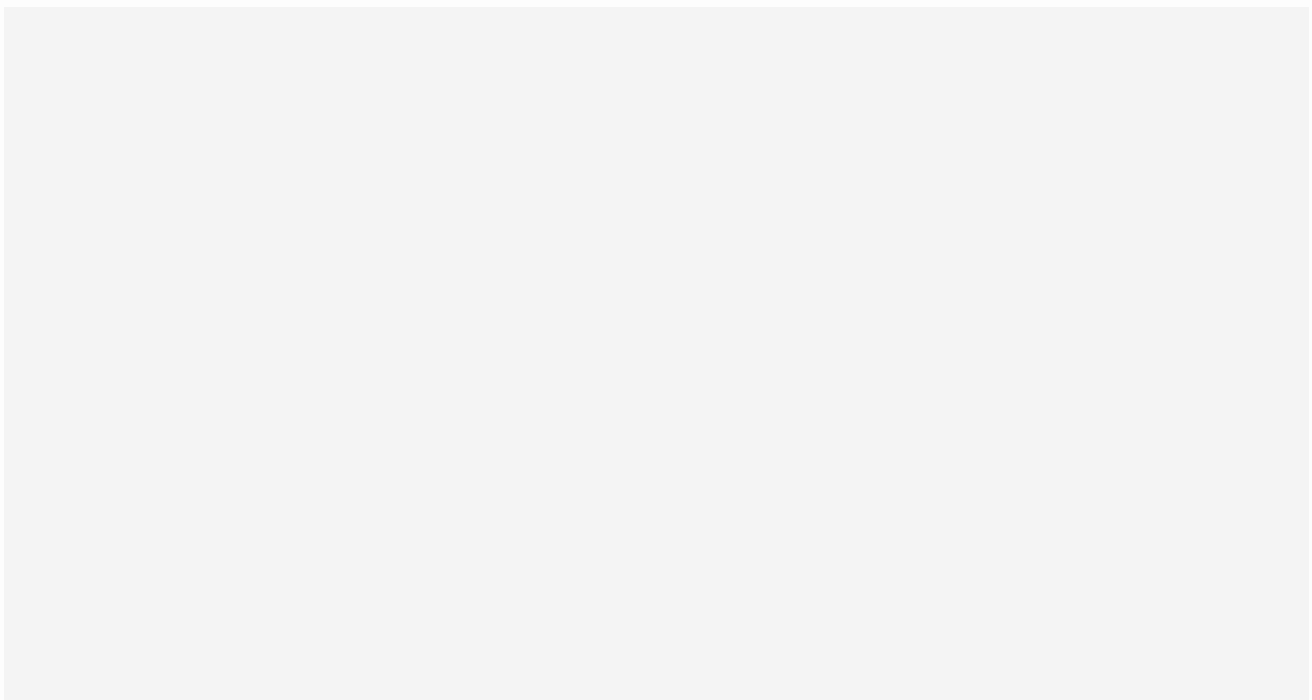
3. Create a Vision Board:

Invite members to create a vision board that represents their purpose and goals, using images and words cut from magazines.



4. Invite a Guest Speaker:

Consider inviting a local health professional who focuses on work-life balance and wellness to share their insights and experiences.





CONCLUSION

The *Purposeful MD* offers valuable insights for medical professionals seeking to create fulfilling, guilt-free lives.

This discussion guide aims to facilitate deeper exploration of the book's themes, encouraging open dialogue about the challenges and triumphs in the journey toward a purposeful life.

Happy discussing!

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