How to lift that moral up with positiveness in those days where we do not see any light at the end of the tunnel...

● Try to vent your frustration in your own way for example talking with a relative that you trust, crying alone sometimes helps to get rid of emotional stress without thinking in quit the process, meditation, etc.

● Focus in the “present” for example instead of asking yourself “why is this happening to me” question yourself “How to learn from what happen to me”.

In this USMLE journey you need to see yourself from here in 10 years, where you will see a big change not just professionally, but emotionally as well. Where your humility will teach you the importance of the traced path without forgetting where we started and who helped us during the process, so we can help the coming generations.


