



Indiana ACC

Cardiology Career Flexibility: Early Career Perspective

SHIFTING A PARADIGM TO
ACHIEVE LIMITLESS LIFESTYLE

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TRADITIONAL SYSTEM - W2 EMPLOYEE

-
- Expectation
 - Reality





LIMITED OPTIONS

Cut back to part time

- Attempt to reduce burn-out
- Better work-life balance
- Make less
- Messages continue, inbox fills up
- Still in call rotation
- Still trading time for income





WHY?

Why did I go into medicine?

- Make a difference in people's lives
- To be valued for my skillset by patients and organization
- Provide comfort and opportunity for my family
- Be involved with my family





WHAT?

What does an ideal life look like for me?

- To save people from heart attacks
- Greatly improve patient's quality of life and prevent future sickness
- Be involved and active in raising my children
- Be a supportive husband so my wife can thrive
- Create passive income to decouple my earning potential from my time.





HOW?

- Medical School Mindset
- Limitless Mindset





LIMITLESS MINDSET

5 Freedoms

- Financial Freedom
- Time Freedom
- Geographic Freedom
- Mindset Freedom
- Vitality Freedom

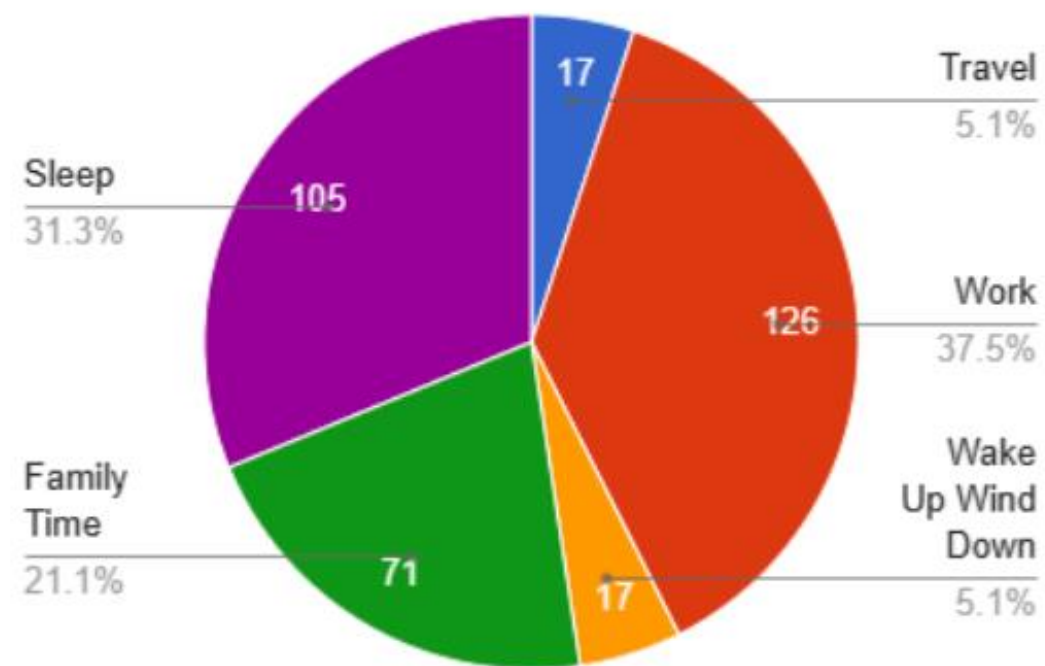


RESULTS

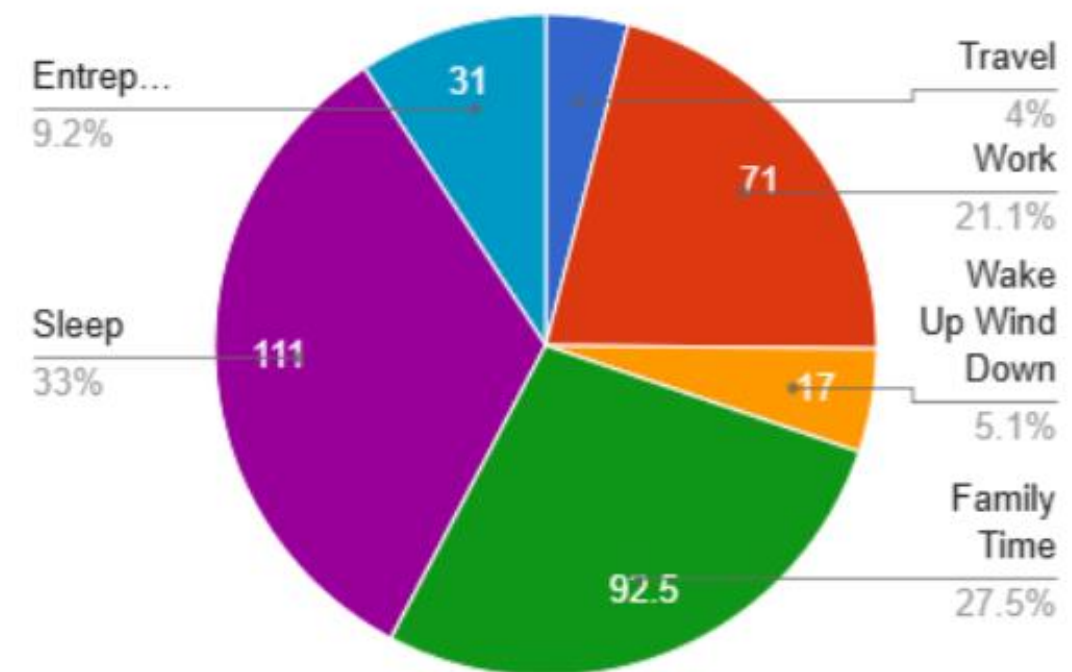


44% Increase in Time
8% Decrease in Earnings

2 Week Traditional Pathway



2 Week Limitless Pathway



- 55 hours LESS work per 2 weeks.
- 21.5 MORE hours with family per 2 weeks
- 6 hours MORE sleep
- 31 hours Entrepreneurial time.

- 110/month
- 43/month
- 12/month
- 62/month



HOW DOES THIS WORK?



Specific AAMC projections by 2034 include shortages of:

- Between 17,800 and 48,000 primary care physicians
- Between 21,000 and 77,100 non-primary care physicians

This includes shortages of:

- Between 15,800 and 30,200 for surgical specialties
- Between 3,800 and 13,400 for medical specialties
- Between 10,300 and 35,600 for other specialties





PITFALLS

- Time away from Family
- Lack of home comforts/ amenities
- Mail/Home maintenance
- Lose touch with friends
- Travel can be stressful
- Paperwork
- Credentialing
- Licensing
- Learning new EMR, hospital system
- Unfamiliar technicians/support staff





BENEFITS

- Schedule Flexibility
- Work Flexibility
- Paid Travel
- Lack of Overhead expenses
- No upfront cost
- Lack of long-term commitment
- Extend career to boost retirement
- Can supplement current income
- Increased compensation for time



RIPPLE EFFECT

Time + Geographic Freedom

Financial
Freedom



Vitality
Freedom



Mindset Freedom









LIMITLESS LIFE PLAN

- Day Trips with Kids
- Weekly Date Nights
- Maintain low body fat while adding muscle
- Shelter W-2 taxes with real estate depreciation
- Scale short term rental business to achieve financial freedom
- Live in multiple countries
- Read 2 books per month
- Practice Cardiology on my terms
- Provide meaningful, empathic care to patients
- Continue to be active in the ACC





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THANK
YOU

