



DR. LAUREN TRIMELONI, MD

WORK-LIFE BALANCE FOR WOMEN IN MEDICINE

MEDICINE, MOTHERHOOD, AND MAGIC

THE BASICS



MONTH ONE

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A MESSAGE FROM

Dr. Lauren Trimeloni, MD

Hey, Doctor moms,

I am so proud of you for showing up for yourself and for committing to a little time just for you. As we get started on Month one, I want you to put away any thoughts of needing to do this “right”, of thinking there is any certain way that things have to be. You showing up for yourself, reading the materials, watching the videos, filling out the worksheets, all of that moves the needle towards the new you. And newsflash, there was nothing wrong with the old you. Making a decision to become a better version of yourself does not mean that you were broken or doing things wrong. It means you are ready to find a better way, an easier way. To drop the struggle, drop the hustle, drop the self-hatred and just settle into the amazingness that already is and always was you. Welcome to the party. Can't wait to see what all we can accomplish together!

Dr. Lauren Trimeloni, MD

MONTH ONE

THE BASICS



YOUR THOUGHTS CREATE YOUR FEELINGS.
NOT YOUR LIFE.

Your thoughts create your feelings. Not your life. Not your situation. Not your circumstances, and not what is happening to you. You are not a victim of the world, and you are not a victim of your life. You are a victim of your thoughts.

In order to change our lives we have to first change our thoughts, or rather, change which thoughts we are focusing on. The human brain has about 60,000 thoughts a day, and most of them are garbage. There are many reasons why we tend to focus on the garbage, not the least of which being that for many thousands of years humans were under constant danger and focusing on negative or scary thoughts kept us alive (ie, a crunch in the leaves was a predator coming to eat us, so we react with panic and alertness.) We have an outdated operating system, and most of us have never learned how to update to IOS: *the present*.

Week one of this course is simple: It's time to start getting to know your thoughts.

You can't change what you can't see, and most of our thoughts are unconscious. For this first week, you are going to begin cleaning out your thought closet every

morning when you wake up. What this looks like is a minimum of five minutes spent with a pen in hand, journaling each and every one of the thoughts that pop into your head. At first this may look like a list of to-dos, a description of the weather, or a litany of everything going on with your kids, but after a while you'll probably start to notice patterns of thoughts that show up over and over.

Write for a minimum of five minutes, but feel free to go for longer if it is going well and have the time. Really get to know what is going on in your mind. Don't worry if you can't do this first thing; just fit it in as soon as you can in your day and if you run out of time, do it right before bed. You can save what you find when you're cleaning out your thought closet, or you can throw away the journal page each day. Just the act of starting to get to know your own brain will help in the weeks to come.

Try to avoid becoming perfectionistic about this and refusing to do it if you can't sit for the whole five minutes at once or if you don't get it done at the time of day, you choose. Put a pen to paper every day and see what happens. It's worth the effort.

MONTH ONE

MEDICINE, MOTHERHOOD, AND MAGIC



THE BASICS

Welcome to week one

CLEANING OUT YOUR THOUGHT CLOSET



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WEEK ONE

THOUGHTS CREATE FEELINGS

What are three recurring thoughts I've had this week, and how do they make me feel?

When I feel stressed or overwhelmed, what are the thoughts running through my mind?

What is one thought I could practice that might create more peace or joy in my day?

What is a positive feeling I want to cultivate more often, and what thoughts might support it?

What is a small win I experienced this week, and how can I celebrate it?

MONTH ONE

MEDICINE, MOTHERHOOD, AND MAGIC



THE BASICS

Welcome to week two

THE SELF-COACHING MODEL



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Now we are going to apply a tool called “*The Model*” to our writing sessions. The Model, developed by Master Coach Instructor Brooke Castillo, is a simple tool to help you start to separate out the facts of what is going on in your life from your thoughts about what is going on. For this week, you will start with your five minute “thought dump” or “Thought download” like we were doing in week one, and then you are going to pull out at least one sentence from that writing to plug into a model. First you will need to determine if the sentence you picked represents a thought, a feeling, a circumstance, or an action. I had the privilege of being certified in the *Life Coaching Tools* developed by Ms. Castillo, and of all of the training we were given in my opinion *The Model* is the tool that carries the most bang for its buck. I think the model is particularly helpful for doctors because it gives such a black and white structure for practicing thought work, and it can be played with like a math problem. You can work through a model starting from any line, and as you do it, you will start to understand more and more about the impacts of your thoughts.

The Model is as follows:

- Circumstance _____
Thought _____
Feeling _____
Action _____
Result _____

In sentence form, There is a circumstance which triggers a thought (usually many thoughts, but when using a model, you want to use a single thought in the thought line.) That thought creates a feeling which drives an action which produces a result. Ms. Castillo has some wonderful videos and podcasts on this for more clarification.

[The Self Coaching Model by Brooke Castillo Explained | The Life Coach School](#)



[Self Coaching Model \(CTFAR Model\) – The Official Guide](#)

To give you a little bit more background, a circumstance is a black-and-white fact. Think of this as something you could defend in a court of law, something that every single person on earth would agree upon. That might be something like it is 38° outside. If it is 38°F, somebody from the southern United States might say it is cold outside, but stating that it is cold outside would not be a circumstance, it would be a thought. Your thought is that 38° is cold, the fact is simply that it is 38 degrees. If for instance, you lived in northern Canada and it had been -38°F for the last month and one day the temperature rose to 38°F, you might feel as if that temperature was warm.

You may initially think that such a nuance is nitpicking, but this becomes particularly important when dealing with statements such as “my mother is ridiculous” or “my children are out of control” or “I don’t have enough time” or “my job is too demanding.” All of these statements may feel like facts, but they are actually thoughts. And they are thoughts that produce feelings that typically keep you feeling disempowered and elevate your levels of stress.

Your assignment for this week is to continue the five minute thought downloads and pull out one sentence at least from each to plug into a model. Then attempt to differentiate between the unintentional model, which is letting your brain toss up whatever thought it would normally toss up and then responding to the feeling that is generated by that thought, versus an intentional model, where you pick a thought that feels better and use it to approach your day. As you practice this, you may even want to try filling in the result line 1st, where you identify what result you want and then identify what actions you would need to take to get that result, and then work on what thoughts would produce the feeling that you would need to perform those actions. This work takes time, try not to become frustrated when you don’t master it all at once. I have often said that half a decade into this work I am still re-discovering over and over that it is my thoughts that create my feelings. I fully believe it to be the truth, and also still am shocked by it on a regular basis. Stick with the work, the payoff is so worth the time!

THE SELF-COACHING MODEL

The Self-Coaching Model by Brooke Castillo

Instructions:

Use your thought download to pull out one sentence. Work through the model below to identify how that thought influences your feelings, actions, and results.

Circumstance (neutral fact):

Thought (what your brain makes it mean):

Feeling (emotion triggered by the thought):

Action (what you do or don't do because of the feeling)

Result (what you want to create based on the action)



WEEK TWO

CHALLENGING LIMITING BELIEFS

“The biggest stressor on my mind right now is...”

“If I could change one thing about today, it would be...”

“Something I keep telling myself over and over is...”

“I feel most overwhelmed when...”

“A thought that has been on repeat in my mind lately is...”

MONTH ONE

MEDICINE, MOTHERHOOD, AND MAGIC



THE BASICS

Welcome to week three

CREATING INTENTIONAL MODELS



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Shaping Your Thoughts to Shape Your Life

You're doing amazing, and I'm so proud of you! You've made it halfway through your first month of thoughtwork.

I hesitate to call five minutes of journaling “thoughtwork” because, let's be honest, the last thing any doctor mom needs is more work on her plate. But this practice—the simple act of cleaning out your mental closet—lays the foundation for real change. Now that you've built consistency with your journaling, it's time to go a step further. This week, we're introducing Intentional Models—a way to actively shape your thoughts to create the results you want in your life.

What Are Intentional Models?

Intentional models are a tool to help you align your thoughts, emotions, and actions with the results you want. Instead of letting old, automatic thoughts drive your day, you'll begin choosing intentional ones that support your goals.

Maybe you want to:

- Go to bed earlier.
- Exercise more consistently.
- Spend less time on your phone.

Intentional models will help you bridge the gap between where you are and where you want to be—one small step at a time.

How to Use Intentional Models

1. Do Your Thought Closet Clean-Out
 - Start with your regular five-minute journaling session.
 - Identify the thoughts you want to keep for the day.
2. Identify a Goal
 - Pick one goal—something that would improve your well-being.
 - Example: Getting more sleep, exercising regularly, or being more present with your kids.
3. List Small Actions That Support Your Goal
 - Think tiny steps, not giant leaps.
 - Example: If your goal is to get in shape, possible small actions could be:
 - Stretch for five minutes.
 - Take the stairs instead of the elevator.
 - Go for a short walk after dinner.
4. Identify Thoughts That Inspire Action
 - What thoughts would naturally encourage you to take that action?
 - Example: Instead of “I have no time to work out,” try “Moving for five minutes is better than nothing.”

5. Write an Intentional Model

- Use the following framework:

Circumstance: Your goal or situation

Thought: A thought that supports it

Feeling: The emotion that thought creates

Action: The small action you'll take

Result: The outcome it leads to

Example: Becoming More Present with Your Kids

Circumstance: Spending time with my kids

Thought: My presence matters more than my productivity.

Feeling: Connected

Action: Make eye contact and listen fully at least once a day

Result: Stronger bond with my kids

Your Turn: Create Your Intentional Model

Step 1: Choose a goal you want to work on.

(Example: Getting more sleep, exercising, reducing stress, practicing mindfulness, etc.)

Step 2: Brainstorm small actions that would help you reach that goal.

Step 3: Write a thought that would inspire you to take one of those actions.

Step 4: Fill in the model below.

Circumstance:

Thought:

Feeling:

Action:

Result (what you want to create based on the action)

Final Thoughts: Small Steps, Big Shifts

The goal of intentional models isn't to force change overnight. It's to gently guide yourself toward the life you want—one thought at a time.

This week, commit to using an intentional model each day. Even if you only apply it once, that's progress. The more you practice, the more natural it becomes.

You don't need to be perfect. You just need to be intentional.

Let's get started!

Complete the Intentional Model:

Circumstance _____

Thought _____

Feeling _____

Action _____

Result _____



WEEK THREE

THE POWER OF SELF-COMPASSION

How do I usually speak to myself when I make a mistake or fall short of my expectations?

What would I say to a friend in the same situation? How can I offer that same kindness to myself?

What is one way I can practice self-compassion today?

When have I shown resilience in the past, and how can I honor that part of myself now?

What does it feel like to give myself grace, even when things don't go perfectly?

MONTH ONE

MEDICINE, MOTHERHOOD, AND MAGIC



THE BASICS

Welcome to week four

ADVANCED JOURNALING TECHNIQUES



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Deepening Your Thoughtwork for Self-Coaching

Congratulations! You've made it to the last week of your first month of regular thoughtwork. By now, you've spent time getting familiar with the thoughts that fill your mind—some expected, some surprising, and some that have likely challenged you. This week, we're diving into advanced journaling techniques—powerful tools to help you uncover limiting beliefs, hidden patterns, and subconscious blocks that might be holding you back.

Journaling isn't just about venting emotions or keeping a record of your day. When used intentionally, it becomes a mirror reflecting the deeper layers of your mind. Sometimes, a single thought buried beneath the surface explains why you've been stuck in procrastination, self-sabotage, or avoidance. Advanced techniques will help you dig deeper, challenge your thinking, and shift your mindset to create real change.

Powerful Techniques for Advanced Journaling

The Five Why's: Tracing Thoughts to Their Roots

One of the simplest yet most eye-opening exercises is the Five Why's. This method involves asking yourself why you believe something five times—each answer leading you deeper into the real belief behind your thought.

Example:

- Thought: "I'm not good enough to ask for a promotion."
- Why? "Because I don't have as much experience as others."
- Why? "Because I took time off for my kids, and I feel behind."
- Why? "Because I believe taking a break means I'm not as valuable."
- Why? "Because I've been taught that success means never pausing."
- Why? "Because I'm measuring my worth based on external standards instead of my own abilities."

By the fifth "why," you often uncover a deep-seated belief that has been silently influencing your decisions. Never accept "I don't know" as an answer—keep going!

Rage Journaling: Releasing Hidden Frustrations

Anger is often an emotion we suppress, but it can be a powerful messenger. Rage journaling gives space for raw, unfiltered thoughts. Let yourself write without editing, without worrying about being "nice" or "reasonable."

Try this prompt:

- "I am so angry about ___ because ___."
- "I hate it when ___ because it makes me feel ___."
- "If I could say anything without consequences, I would tell ___ that ___."

Let it flow. You might be surprised by the truths that surface—truths you've been avoiding. Once released, these emotions lose their grip, and you gain clarity on what you really need.

The Appreciation Rant: Rewiring Your Brain for Positivity

Just as we can spiral into negative thought loops, we can also train our minds to spiral upward. An appreciation rant is a way to flood your brain with positivity and abundance. Start with:

- “I love that I get to ___.”
- “I’m so grateful for ___.”
- “I’m proud of myself for ___.”

Even if it feels forced at first, keep going. The more you practice, the more your brain starts naturally noticing what’s working in your life instead of what’s missing.

Journaling Challenge for the Week

Each day this week, choose one advanced technique and spend 10–15 minutes exploring it. Notice how different exercises bring up different insights. What patterns do you see? What thoughts need to be rewritten?

Remember: You are not your thoughts. You are the observer of them. These tools will help you see your mind more clearly—and once you see clearly, you can start making powerful shifts.

Let’s get to work!

ADVANCED JOURNALING TECHNIQUES

Discovering Hidden Thoughts

A belief is simply a thought you have repeated so often that you've accepted it as truth. But have you ever stopped to ask yourself why you believe certain things?

Some beliefs feel like universal truths—"It's good to own a home," "It's responsible to have a job," or "Paying taxes is necessary." But in different cultures or circumstances, these "truths" might not make sense at all. This is why questioning your beliefs is such a powerful tool.

This week, you'll use advanced journaling techniques to identify limiting beliefs, explore their origins, and decide whether they still serve you. You can keep them, reshape them, or replace them altogether.

For example, I once believed, without question, that it was impossible to be both a good doctor and a good mom. I had been told this by enough people, at enough different stages of my career, that I accepted it as fact. Even though I had role models proving otherwise, this belief remained lodged deep in my subconscious—until I took the time to examine it.

Now, it's your turn.

Technique 1: The Five Whys

Uncovering the Root of a Limiting Belief

Sometimes, we hold onto beliefs without understanding why we believe them. The Five Whys technique helps you peel back the layers of a belief to discover its true origin.

Instructions:

1. Identify a limiting belief.
2. Ask yourself: "Is this actually true?"
3. Challenge it: "How do I know this is true?"
4. Then, ask yourself "Why?" five times to trace it to its root.

Example:

Limiting Belief: I'm not qualified enough to ask for a raise.

- Why? Because I don't have as much experience as others.
- Why? Because I took time off for my family.
- Why? Because I believed I had to choose between career growth and being present at home.

- Why? Because I was taught that being a working mom means sacrificing one for the other.
- Why? Because society often tells women they can't have both.

Now, I can see that my belief isn't based on fact—it's based on a story I was taught. Once you see that, you can rewrite the story.

Your Turn:

Limiting Belief:

Is this true?

How do I know this is true?

Now, ask yourself why five times:

Why? _____

Why? _____

Why? _____

Why? _____

Why? _____

What I Learned About This Belief:

Technique 2: Rage Journaling

Giving a Voice to Suppressed Emotions

Anger, frustration, and fear are emotions many of us try to suppress. We might feel ashamed of them, worried they make us “bad” people. But in reality, these emotions are messengers—they tell us what we value, where we feel powerless, or what boundaries are being crossed.

Rage journaling allows you to safely release these emotions in a space that is completely free of judgment. You don't have to censor yourself. You don't have to be polite. Let it all out. And when you're done, you can tear it up, burn it, or keep it—whatever feels right.

Instructions:

- 1. Set a timer for 10-20 minutes.
- 2. Write freely about whatever is making you angry, frustrated, or overwhelmed.
Do not edit yourself. Just let it flow.
- 3. If you still feel unsettled afterward, reflect on this final question:
- 4. What does this emotion teach me about what I value or need?

Journaling Prompts:

What's on my mind right now?

What am I angry or upset about?

What does this emotion teach me about what I value or need?

(Note: Some days, just getting the anger out is enough. Other times, reflecting further can provide deeper insight.)

Technique 3: The Appreciation Rant

Training Your Brain to See Abundance

Negative thoughts tend to demand attention, but positive ones often get overlooked. The Appreciation Rant helps rebalance your focus, allowing you to actively recognize what's good in your life.

This is NOT about toxic positivity. It's not about pretending everything is great when it's not. It's about giving equal airtime to what's already working for you.

Instructions:

1. Set a timer for 10-20 minutes.
2. Write intensely about everything in your life that you appreciate—big or small.
3. Notice how you feel before and after this exercise.

Journaling Prompts:

What I'm grateful for today?

How does this shift my energy?

(Take a moment to notice how you feel before and after writing. How does gratitude change your state of mind?)

By training your brain to notice abundance, you naturally begin to shift your focus from what's missing to what's thriving.

Final Thoughts

Each of these exercises serves a different purpose:

- The Five Why's help you uncover and rewrite limiting beliefs.
- Rage Journaling allows you to release and process difficult emotions.
- The Appreciation Rant shifts your focus toward gratitude and abundance.

This week, experiment with each technique and observe what comes up for you.

Journaling isn't about getting it "right"—it's about creating space for clarity, healing, and growth.

You are not your thoughts. You are the thinker of your thoughts. And that means you have the power to change them.

Let's dive in!



WEEK FOUR

PRACTICING GRATITUDE AND INTENTIONAL THINKING

What are three things I'm grateful for today, no matter how small?

How has shifting my thoughts changed my experience this month?

What is one intentional thought I want to carry with me moving forward?

What are three ways I can continue building my "mind magic" muscles in the months ahead?

What am I most proud of myself for this month, and why?

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