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## Finding a purpose in medical school

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Dear Editor,

I read with great interest your editorial “Grit in healthcare education and practice” published on The Asia Pacific Scholar (Dujeepa & Gwee, 2020). I agree that grit is an important trait to develop in healthcare, especially for patient care. In addition to focusing on grit at the institutional level, we could look at it on an individual level. The question henceforth is that—How do we develop or strengthen the grit in ourselves? Angela Duckworth proposed 5 ways to develop grit—pursue what interests you; practice; find purpose; have hope; and join a gritty group (Barker, 2016). Personally, I feel that finding purpose plays a large role in developing passion and perseverance.

I would like to share this poem that I wrote after my first attempt on blood taking on a patient. Amidst hectic schedules and difficult tasks in medical school, this promise that I made years ago helped kept my passion and perseverance alive.

With shaking hands and a sweaty palm  
I slide the needle in and try to calm  
And I heave a sigh of great relief  
As I watch the backflow fill beneath

Just minutes before, my mentor had asked  
“Do you mind if my student try this task?”  
With trusting eyes and a reassuring grin,  
The patient said, “go ahead, do your thing.”

The trust that you have given to me  
Even though I may now be unworthy  
Inspires me and greatly spurs me on  
To be a better doctor hereupon.

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### Declaration of Interest

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### References

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