

# Lighting the Path for Ourselves and Our Patients

*A Reflection for Women in Medicine by Julie K. Silver, MD*

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I am a highly skilled and qualified healthcare professional who is dedicated to  
healing the sick and injured.

**Chorus: I know the way, and I will light it for others.**

I have tremendous expertise, and every day I will add to my knowledge and deepen my skills.

**I know the way, and I will light it for others.**

I will use science and data to guide my work and advance healthcare.

**I know the way, and I will light it for others.**

I am committed to genuinely honoring diversity and to finding ways to  
actively support the equitable inclusion of all people.

**I know the way, and I will light it for others.**

I understand the struggle of many of my sisters, and I will endeavor to  
amplify their work and voices at every opportunity.

**I know the way, and I will light it for others.**

I will raise my own voice and do so with confidence to demonstrate  
that stereotyped labels will not limit or define me.

**I know the way, and I will light it for others.**

I will actively educate everyone I lead and mentor about stereotypes and unconscious bias,  
because these are undeniably harmful to our colleagues and our patients.

**I know the way, and I will light it for others.**

I will endeavor to give grace to all, but especially to my sisters and myself, because  
I know that we are often held to a higher standard or judged more harshly than we deserve.

**I know the way, and I will light it for others.**

I will stumble, and I hope that by modeling grace to others I will receive it when I need it most.

**I know the way, and I will light it for others.**

I will be the best version of myself and know that I am a valuable person who  
is making a difference in medicine.

**I know the way, and I will light it for others.**