

# Meaning

## VALUES:

### What matters most?

- Consider why you chose healthcare
- Consider your highest priorities and values, personal and professional
- Consider the type of life you want to live
- Consider your personal definition of a good physician



## STRENGTHS:

### What are my strengths?

- Consider your StrengthsFinder results (and other assessments)
- Consider your own observations about how you excel relative to your peers
- Consider the kinds of (professional) activities which you enjoy



## SELF-AWARENESS:

### How do I see myself and how do others see me?

- Consider how you would describe yourself and what you want to be known for
- Consider your narratives and limiting beliefs
- Consider your attitudes towards learning and growth



## MEANING:

### What kind of person do I intend to be?

First complete the answers to Values, Strengths, and Self-Awareness and come back to this question. The answer is a synthesis of the Values, Strengths and Self-Awareness sections.

# Community

## NETWORK:

### Who do I need to know?

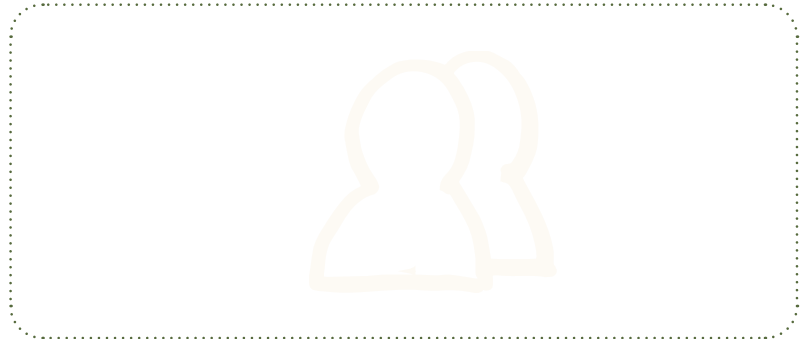
- Consider the scope and composition of your network you intend to build
- Consider the type of people who you will work closest with (mentors, peers, community)
- Consider people outside your field who you may be helpful to connect with



## RELATIONSHIP:

### How do I build trusting relationships?

- Consider how you plan to “be” with other people
- Consider how to give from your area of strengths
- Consider how to develop rapport with others (incl. patients)



## COMMUNICATION:

### How do I communicate with influence?

- Consider your core message
- Consider your preferred setting for communication
- Consider the channels of communication you intend to engage



## COMMUNITY:

### How will I show up for others?

First complete the answers to Network, Relationship, and Communication and come back to this question. The answer is a synthesis of the Network, Relationship, and Communication sections.

# Purpose

## MISSION:

What am I committed to that is greater than myself?

- Consider the people that you are engaged with
- Consider the problems these people face and what issue you care deeply about
- Consider the natural ways that you solve problems / make things better



## GOALS:

How do I define success?

- Consider your professional goals (long and short-term)
- Consider your personal goals (long and short-term)
- Consider the vision for the impact you wish to have



## PROCESS:

What is my next step?

- Consider your routines and habits that you need to establish
- Consider your current short-term focus and your key actions
- Consider how you will begin to act



## PURPOSE:

How will I contribute?

First complete the answers to Mission, Vision, and Process and come back to this question. The answer is a synthesis of the Mission, Vision, and Process sections.