

What kind of doctor...

Values Module / Meaning Domain

Date

Instructions

- In this exercise, you will be developing a statement about the type of doctor you aspire to become.
- This exercise will take between 10 and 20 minutes.
- On page 2, Part A, reflect on the following 6 prompts and jot your notes into the respective boxes:
 1. **Adjectives.** One page 3, review the list of value words. Select 3 to 5 value words which best describe you, or best describe what you aspire to be at your best.
 2. **Who needs me?** If you are entering medicine to serve the needs of patients and society, who are the people who need you to become the best doctor you can? Think about the groups of people whom you feel the need to serve.
 3. **How will others describe me?** If we were to ask your patients to describe you, how would you like for them to describe you? If we were to ask you colleagues/classmates the same question, what would you want them to say?
 4. **Specialties.** Which 3 to 5 medical specialties most appeal to you? Why?
 5. **Memoir.** You are 80-years old and writing your memoir about a successful career in medicine that you've had. What is the title of that memoir? What is the key message of your memoir?
 6. **Other.** What other thoughts do you have about the doctor that you aspire to be?
- On page 2, Part B, consider your reflections from Part A. Write a statement that is between 1 and 3 sentences long which completes the thought, "The kind of doctor I will become is..."
- **Note:** *Your statements and reflection will change over time. So do not worry about finding the "perfect" answer.*



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Part A Reflect on the following...

1. Values

2. Who needs me?

3. How will others describe me?

4. Specialties

5. Memoir

6. Other

Part B Complete this thought, "The kind of doctor I will become is..."

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Accountability	Discipline	Honor	Rigor
Accuracy	Discretion	Humility	Security
Achievement	Diversity	Independence	Self-actualization
Adventurousness	Dynamism	Ingenuity	Self-control
Altruism	Economy	Inner Harmony	Selflessness
Ambition	Effectiveness	Inquisitiveness	Self-reliance
Assertiveness	Efficiency	Insightfulness	Sensitivity
Balance	Elegance	Intelligence	Serenity
Being the best	Empathy	Intellectual Status	Service
Belonging	Enjoyment	Intuition	Shrewdness
Boldness	Enthusiasm	Joy	Simplicity
Calmness	Equality	Justice	Soundness
Carefulness	Excellence	Leadership	Speed
Challenge	Excitement	Legacy	Spontaneity
Cheerfulness	Expertise	Love	Stability
Clear-mindedness	Exploration	Loyalty	Strategic
Commitment	Expressiveness	Making a difference	Strength
Community	Fairness	Mastery	Structure
Compassion	Faith	Merit	Success
Competitiveness	Family-orientedness	Obedience	Support
Consistency	Fidelity	Openness	Teamwork
Contentment	Fitness	Order	Temperance
Continuous Improvement	Fluency	Originality	Thankfulness
Contribution	Focus	Patriotism	Thoroughness
Control	Freedom	Perfection	Thoughtfulness
Cooperation	Fun	Piety	Timeliness
Correctness	Generosity	Positivity	Tolerance
Courtesy	Goodness	Practicality	Traditionalism
Creativity	Grace	Preparedness	Trustworthiness
Curiosity	Growth	Professionalism	Truth-seeking
Decisiveness	Happiness	Prudence	Understanding
Democraticness	Hard Work	Quality-orientation	Uniqueness
Dependability	Health	Reliability	Unity
Determination	Helping Society	Resourcefulness	Usefulness
Devoutness	Holiness	Restraint	Vision
Diligence	Honesty	Results-oriented	Vitality