

MY IDEAL IMAGE OF ME [AS A PHYSICIAN, PARTNER, PARENT, And/or _____]

List all of the qualities you believe describe YOUR ideal image of the professional contributor and/or manager you want to be. Include attitudes, beliefs, behaviors, and any characteristics you can think of – required by you, your employer, others important to you.

- One approach to this is to think about what adjectives you would like your colleagues, patients and families to use describing you to someone else.
- Another option – think of someone who inspires you - someone you've seen in action through your work and moves you by what and how s/he accomplishes. Write down her/his qualities or accomplishments that you would also would like to achieve.
- These capture your intentions: how you want to show up and interact with others.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

2. Circle the 3 to 5 of the items above that are *most important to you now*; write them below:

Most important qualities:	Assessment See #3	Rank See #4
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

3. Now rate each of the qualities above from 1 to 5 with 1 as completely opposite what you currently experience at work/ in your life and 5 being an exact likeness.

4. Now rank these A to E for the one most important for you to move toward (A) and those of lesser importance. Where would a 1 or 2 pt. improvement mean the most in improving your professional and personal capacities and desired accomplishments?

ACTION PLAN

Take a break after completing steps 1-4. Is there anyone you can talk to about what you discovered about important values and contributions you want to make? Your priorities now? A conversation with a confidant or coach can help you refine your choices and priorities and clarify the stories you tell yourself about these.

A day or two later:

Choose two qualities or capabilities that are MOST important to you right now – one for your involvement in medicine and one for your personal life. That is, two areas where even a small achievement would improve how you feel.

ACTION PLAN FOR YOUR MEDICAL PRACTICE:

1. Choose one thing you can do *this week* that will “exercise” this quality or capability and potentially improve it.

2. How will you measure or gauge your use and development of this capability?

3. A. By what date will you complete this one doable action?
B. Who will you tell what you did, how you did and what meaning it had for you and perhaps others?

ACTION PLAN FOR YOUR PERSONAL / FAMILY LIFE:

1. Choose one thing you can do *this week* that will “exercise” this quality or capability and potentially improve it.

2. How will you measure or gauge your use and development of this capability?

3. A. By what date will you complete this one doable action?
B. Who will you tell what you did, how you did and what meaning it had for you and perhaps others?

If you have any questions, please contact Nance Goldstein:

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