Goal Setting

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| **I** | **II** | **III** | **IV** |
| List at least 3 things “that I most want out of my career”. | List at least 3 “things I would like to experience in my work”. | List at least 3 “things that I believe make me unique”. | List at least 3 “improvements / positive actions that I can undertake in my practice or life in the next two weeks”. |
| At the core, what do you really want out of practicing medicine? | What would you like to see happen globally, locally, or in any aspect of your professional practice? | What are your gifts or your strengths? | Complete the statement starting “I can…” or “I am…” or “I will…” |
| 1.  2.  3. | 1.  2.  3. | 1.  2.  3. | 1.  2.  3. |