

Having Your Cake & Eating It Too: Succeeding Personally & Professionally In Medicine

Success Reflection

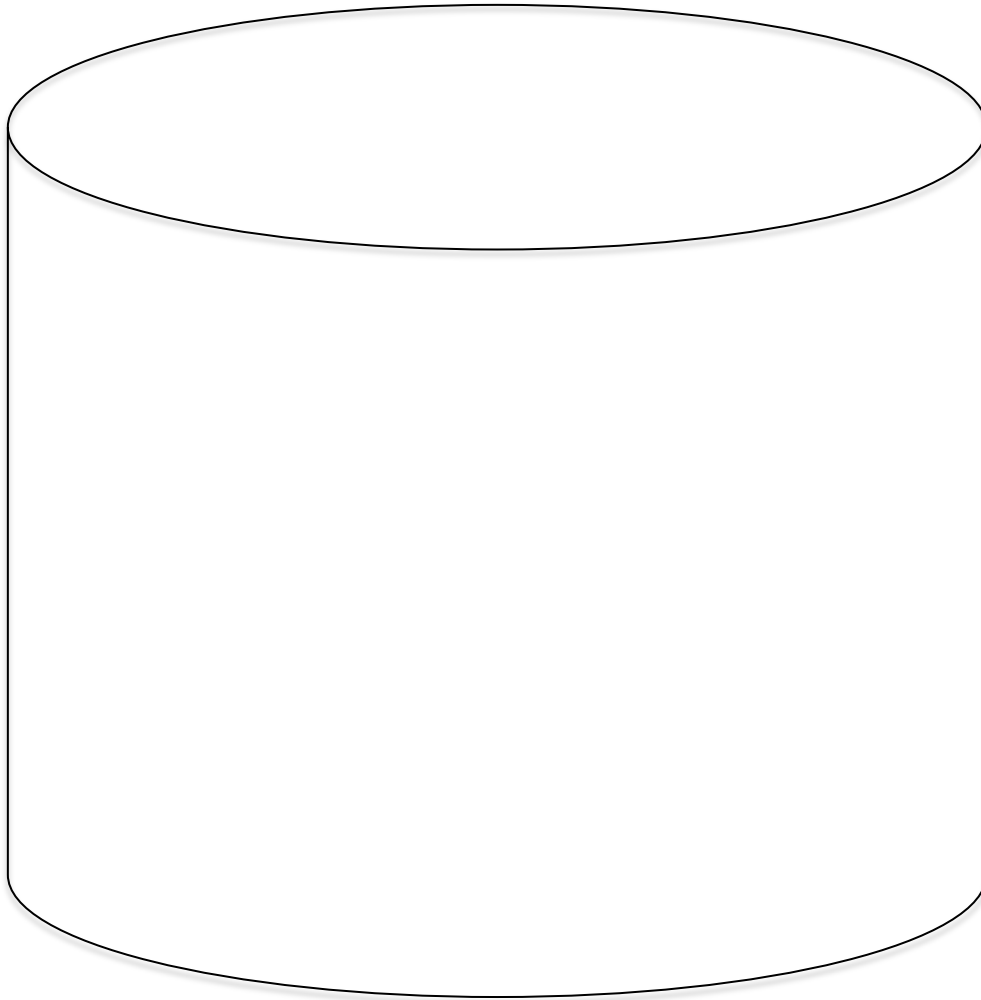
What does “personal success” mean to you? What will personal success look like for you in 1 year, 5 years, 10 years, and at the end of your career? Please be as detailed as possible.

What does “professional success” mean for you? What will professional success look like for you in 1 year, 5 years, 10 years, and at the end of your career? Please be as detailed as possible

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Time	Activity
6:30-7:30am	
7:30-8:30am	
8:30-Noon	
Noon-1pm	
1-5pm	
5-7pm	
7pm-Bed	

Your “Life Cake”



I(ndividualized)-Life Plan

Your name: _____

Your Plan should include:

- Self-Assessment
 - Your “Success” Objectives
 - Strategies for achieving your learning objectives
-

Step 1: Consider your personal attributes, what are you good at? What do you enjoy doing?

Professionally:

Personally:

Step 2: Outline Your Goals to Achieve Success

Professional Goals:

Short Term (1-2 years)

- 1.
- 2.
- 3.

Examples of Short Term Goals:

- *Develop/implement/study orientation materials for newborn nursery rotation (narrated powerpoint video)*
- *Present finding at national meeting*

Long Term (2-10 years):

- 1.
- 2.
- 3.

Examples of Long Term Goals:

- *Publish in peer-reviewed journal/MedEDPortal*
- *Academic Promotion (Associate professor, Residency Program Director, etc)*

Personal Goals

Short Term (1-2 years)

- 1.
- 2.
- 3.

Examples of Short Term Goals

- *Read a book*
- *Try meal delivery program*
- *Try a yoga class*

Long Term (2-10 years)

- 1.
- 2.
- 3.

Examples of Long Term Goals

- *Buy a Home*
- *Start a Family*
- *Train for a marathon*

Step 3: Strategies to Achieve Professional Goals and Measure Success

Professional Goal 1: _____

- How will I achieve it?
- How will I know I achieved it?
- When will I check my progress and assess the success of my strategy?

Professional Goal 2: _____

- How will I achieve it?
- How will I know I achieved it?
- When will I check my progress and assess the success of my strategy?

Professional Goal 3: _____

- How will I achieve it?
- How will I know I achieved it?
- When will I check my progress and assess the success of my strategy?

Resources I Need to Ensure Professional Success:

- 1.
- 2.
- 3.

Step 4: Strategies to Achieve Personal Goals and Measure Success

Personal Goal 1: _____

- How will I achieve it?
- How will I know I achieved it?
- When will I check my progress and assess the success of my strategy?

Personal Goal 2: _____

- How will I achieve it?
- How will I know I achieved it?
- When will I check my progress and assess the success of my strategy?

Personal Goal 3: _____

- How will I achieve it?
- How will I know I achieved it?
- When will I check my progress and assess the success of my strategy?

Resources I Need to Ensure Personal Success:

- 1.
- 2.
- 3.

Striving For Alignment:

Current Career and Personal Activities			
Please list the current activities that require a <i>significant</i> amount of your time at home and at work. Following, identify which of the personal or career goals above, if any, the activities are related to.			
Career	Goal #	Personal	Goal #
1.		1.	
2.		2.	
3.		3.	
4.		4.	
5.		5.	
6.		6.	
7.		7.	
8.		8.	
9.		9.	
10.		10.	

Reflection:

1. Did you have activities that didn't align with one of your current career or personal goals? How many did you have?

2. Choose three items that you have highlighted from the chart above. Make an action plan to take back to your work or personal life.