

IDENTIFY YOUR PURPOSE

***Adaptation of work originally published by Dr. Victor Strecher Ph.D. For more please visit www.JoolHealth.com

STEP 1:

SELECT YOUR CORE VALUES (5):

- Achievement
- Commitment
- Community
- Consistency
- Courage
- Creativity
- **Education**
- Efficiency
- Enjoyment
- Enthusiasm
- **Expertise**
- Honesty
- Independence
- Inspiration
- **Kindness**

- **Loyalty**
- Motivation
- Optimism
- Positivity
- Pragmatism
- Relationships
- Responsibility
- Security
- Self-control
- Spirituality
- Tradition
- Reliability
- Reputation
- Vitality
- **Compassion**

STEP 2:

PERSONALIZE YOUR CORE VALUES:

“Education: Challenge and support medical trainees on their pathway to becoming exceptional clinicians.”

STEP 3:

RANK YOUR CORE VALUES (1-5):

1) Kindness 2) Compassion 3) Loyalty 4) Education 5) Expertise

STEP 4:

WRITE YOUR PURPOSE STATEMENT:

"I am here to make a difference in the lives of other human beings. I will continuously exemplify what it means to be a kind person and consummate professional serving as an example for my wife, children, family, trainees, and colleagues."

STEP 5:

HARNESS THE POWER OF YOUR PURPOSE STATEMENT:

"Create a mantra, write in down, post the purpose in the office, reflect each night."