

## STATE OF MY WORK—Self-Assessment

*Please reflect and write on your own, then share with a partner to your comfort level.*

- What am I passionate about in this work?
- Why did I get involved in this work in the first place? Why haven't I left for something easier or more lucrative?
- What am I particularly good at in my work? Where do I struggle?
- What are my biggest challenges at work? What do I need to be happier and more effective in my role?
- What are the core values I live out in this work?
- What kinds of patients/colleagues inspire me? Which ones push my buttons?
- How do I give support to others at work? How do I receive support?
- What kinds of learning or conversations would most benefit my work today?