



WORKBOOK

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What Is Important to Me?

Defining what is the most important to you to guide your
decisions.

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01 Defining what is important to you

Why? When you define what is important to you, you also define:

- Core values and beliefs
- Motivation
- What can guide decisions

You also get to know or become familiar with the true you (authentic self).

Reflection Page

Start to write/draw what is most important to you. Family? Career? What steps?

A large, empty rectangular area with a light beige background, intended for the user to write or draw their reflections. It occupies the central portion of the page.

Step one here



After reflecting on what is important to you, pick the top three items that are the most important. Write them down, and expand as to why and what aspect is the most important.

Step two here



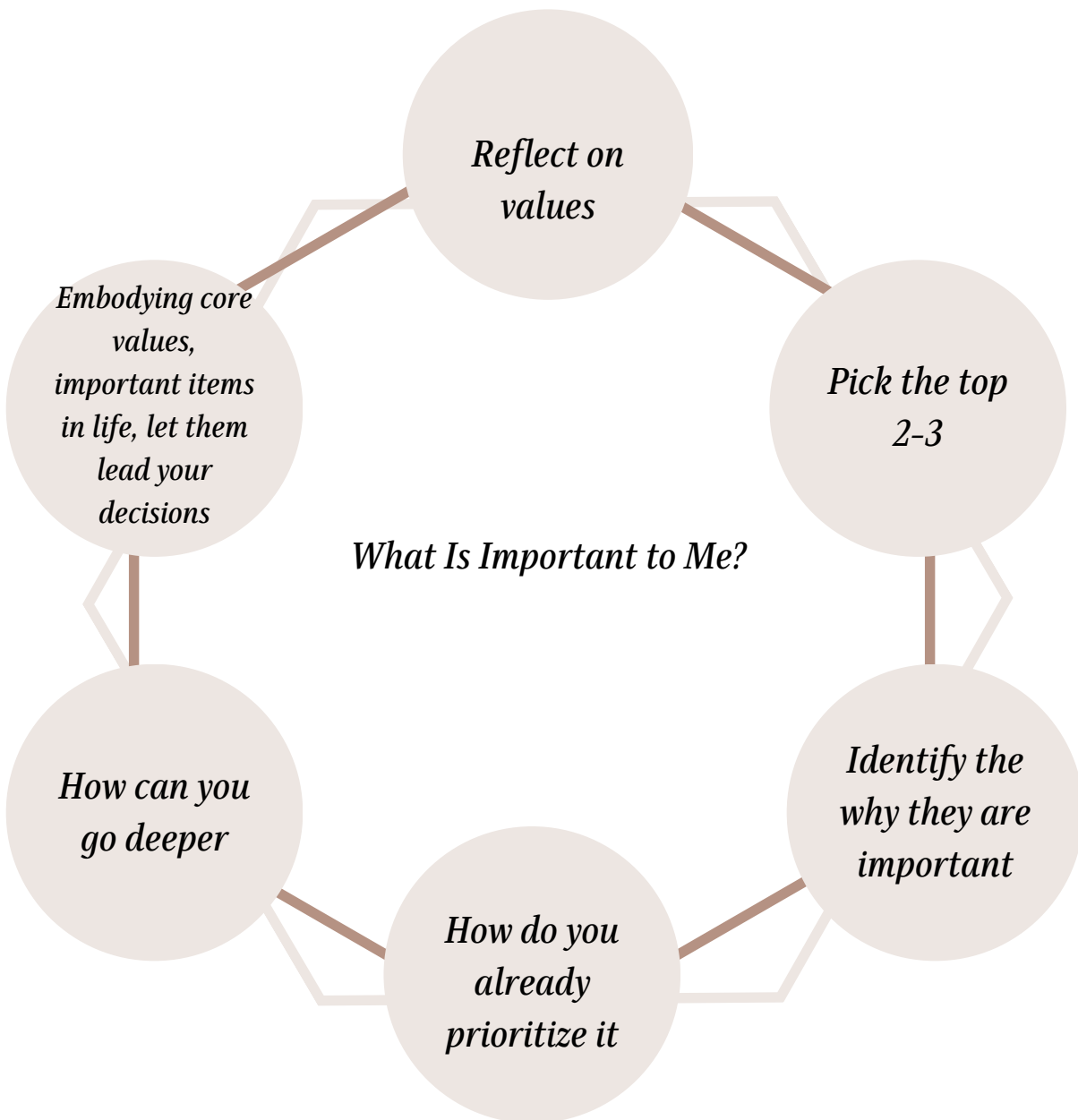
How do you prioritize what is most important to you? How can you improve upon that? Is it more quality time with family (ie small excursions in the city)?

Step three here ?

*What is your plan to ensure that you prioritize what is important to you?
Be as specific as possible. It is best to use affirming statements such as, "I will".*

What Is Important to Me?

The use of this tool should:



Hey! I'm Dr. Sapna Shah-Haque, MD

I'm a board certified Internal Medicine physician. After experiencing burnout myself, and watching other physician colleagues burn out, it became a passion of mine to look into different aspects of burnout. While the system does need to change, as it is broken, my tools, podcast, speaking, and writing is a way to reach physicians and possibly shed light on what is not an isolated situation.

The system does need to change. These are tools to help bring to the surface what we, as humans, need in our lives to direct our decision making from our authentic self.

LET'S KEEP IN TOUCH

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