**ASSESSMENT OF YOUR OVERALL GOALS**

*Adapted from Carley et al. Understanding and finding Mentorship: A Review for Junior Faculty. Journal of Palliative Medicine. 2010;13:1373-9.*

**NAME:**

**DATE:**

**What am I passionate about professionally? (e.g. What motivates me to work so hard? What are the most important aspects of my professional life?)**

**What am I passionate about personally (e.g. What are the most important aspects of my personal life?)**

**How do I define success? (e.g. well-respected, being at home for dinner, independent funding, being a good clinician, known for scholarship)**

**What do I hope to achieve both professionally AND personally?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **In the next 3 months** | **In the next 12 months** | **In 5 years** | **In 10 years** |
| **Professionally** |  |  |  |  |
| **Personally** |  |  |  |  |

**What are my strengths? (e.g. enthusiasm, interpersonal skills, professionalism, research, clinical skills, education)**

**What is challenging for me? (e.g. organization, time management, coping with stress, work-life balance, networking)**

**What helps me work more effectively? (e.g. deadlines, clear expectations, autonomy, closer guidance)**

**What makes work challenging? (e.g. interruptions, unreasonable expectations, lack of support)**

**What qualities do I value in a mentor? (e.g. availability, expertise, reliability, overlapping interests/values)**