

CAREER AND LIFE PLANNING EXERCISE



AIM

Defining Your Values and Life Purpose Statement

Build a strong foundation by exploring your core values.

Defining Your Values and Life Purpose Statement

Trying to make career and life decisions without discovering and prioritizing your values and purpose is comparable to you trying to pass your boards without a studying for them. Be prepared for the future with a thoughtful evaluation of your core values, mission and vision.

Objectives:

In this exercise, the participant will complete a number of activities that will:

- Explore core values and concepts that guide them as individuals and professionals.



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How to Use This Tool:

Review the information and complete each of the activities to focus on the fundamental elements that guide you and will serve as the foundation for your search activities.

Related Resources

To view resource, click on the desired Title or go to physiciancareerplanning.com and type in the desired title or Resource No. into the "Enter Keyword" field and click search.

TITLE	RESOURCE NO.
Evaluating Your Needs, Wants and Dreams	E-14
Life, Money, & Career Priorities Survival Guide	ST-04
Personal Preferences Vs. Market Conditions	E-16



Defining Your Values and Life Purpose Statement

Instructions:

Since values represent core beliefs followed by thoughts and actions, first record your core values in the chart below. Use the list below as a starting point, and feel free to add your own. Be completely honest with yourself and don't worry about what someone else may think. Next, for each value, write down how it plays out in your life and in your career. If you feel comfortable, ask your spouse or significant other (if applicable) to complete this exercise themselves and see where your responses align or differ.

Core Value	How it plays out in life	How it plays out in your career
<i>Example: Determination</i>	Overcame serious sports injury — went through six months of rehab	<i>Took MCAT three times – Never gave up</i>

Values:

Achievement	Contribution/giving	Flexibility	Kindness	Recognition
Acknowledgement	Control	Focus	Knowledge	Resiliency
Advancement	Cooperation	Freedom	Leadership	Respect
Adventure	Courage	Friendship	Listening	Risk/risk-taking
Appreciation	Creativity	Fun	Love/loving	Sacrifice
Artistic expression	Decisiveness	Generosity	Loyalty	Security
Authenticity	Determination	Gratitude	Mental stimulation	Self-confidence
Autonomy	Devotion	Harmony	Money/wealth	Sensuality
Balance	Dignity	Healing	Openness	Serenity
Beauty	Direct	Health/well-being	Optimistic	Silence
Belonging	Discipline	Helping	Organization	Spirituality
Boldness	Efficiency	Honesty	Originality	Spontaneity
Caring	Energy	Hope	Participation	Stability
Challenging	Enjoyment	Humanitarianism	Partnership	Success
Collaboration	Enthusiasm	Humility	Passion	Tolerance
Commitment	Equality	Humor	Peace	Trustworthy
Communication	Excellence	Independence	Perseverance	Truth
Community	Expertise	Influence	Power/authority	Variety
Compassion	Exploration	Integrity	Precision	Unity
Competition	Faith	Intellectual status	Productivity	Wholeness
Contentment	Fast-paced	Justice	Public service	Winning

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Reflection:

Why are these values important to you? List three to five reasons.:



Defining Your Values and Life Purpose Statement

Life Purpose Statement:

Some individuals wander around for years until they stumble upon a job or life circumstance that brings everything into focus. Many never find their voice or purpose on this earth, and as a result, much time and energy is wasted. You might be thinking that your life purpose has already been defined. For example: "My life purpose is to practice medicine." This is a simple, well-stated purpose but it doesn't describe the reason and results relative to practicing medicine. You won't need weeks or months to complete your life-purpose statement. In fact, follow three simple steps and you will be able to develop a strong, relevant statement in less than two hours. You may spend time tweaking your life-purpose statement over time; however, the heavy-thinking, time-consuming part should be behind you. An effective life-purpose statement is interchangeable for both your personal and professional life. Creating a life-purpose statement is one of the best ways to ensure that life and career decisions align with one another.

What is a life-purpose statement?

A strong life-purpose statement contains a concise and clear explanation for an organization or individual that:

- Explains why you exist (core purpose)
- Provides a sense of direction
- Guides decision making
- Explains the value provided by your actions and/or services
- Identifies stakeholders, key customers
- Guides the actions of a company and/or individual
- Is not about money or something that you can buy

Elements of a Life Purpose Statement

- Preferably one sentence in length, not more than two
- Simple language and easily understood by those who read it
- Contains words that you buy into
- Applicable for your personal and professional life
- Able to be recited from memory

Examples of a Life Purpose Statement

As a primary care physician, my purpose is to heal the sick, influence healthy life styles, and serve the low income population in the inner city of Chicago that positively impacts the community where my patients live.

As a cardiologist, my life purpose is to eradicate heart disease through research and utilizing leading edge technologies and treatments which help my patients live long and productive lives.

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Life Purpose Exercise:

1. Identify two or three compelling action verbs (see list on opposite page for ideas) that describe the "what" of your mission. It answers the question: What do you do?
2. Describe the audience that you will be serving (e.g., patients, low-income, rural, terminally ill, etc.)
3. Describe the "why" of your actions. Complete the sentence that defines the outcomes of your actions in the context of your life and career.
4. Reread it and recite it out loud three times.
5. Share your life-purpose statement with your spouse, significant other, family members, friends or colleagues. Get their feedback on whether or not this purpose matches their perception and understanding of your interests, gifts and passions. 6. You may want to create your life-purpose statement together with your spouse or significant other.

My Life Purpose:

My life purpose is to...(two or three verbs)

for (targeted audience)...

In order to / that will / by providing

Sample Action Verbs:

Acknowledge	Confer	Confer	Divide	Influence	Obtain	Reconstruct
Administer	Consolidate	Consolidate	Eradicate	Inform	Open	Rectify
Advise	Construct	Construct	Establish	Initiate	Operate	Register
Affirm	Consult	Consult	Evaluate	Inspire	Originate	Reject
Align	Contact	Contact	Examine	Instruct	Perform	Remove
Alleviate	Control	Control	Expedite	Integrate	Persuade	Report
Analyze	Convert	Convert	Explore	Interpret	Plan	Represent
Assemble	Convince	Convince	Extend	Investigate	Practice	Research
Assess	Coordinate	Coordinate	Facilitate	Lead	Present	Review
Classify	Correct	Correct	Feed	Measure	Procure	Revise
Coach	Create	Create	Formulate	Mentor	Produce	Save
Collaborate	Design	Design	Gather	Monitor	Project	Scan
Communicate	Determine	Determine	Give	Motivate	Prove	Screen
Compile	Develop	Develop	Guide	Multiply	Quantify	Serve
Compose	Direct	Direct	Heal	Negotiate	Recommend	Supply
Conduct	Discover	Discover	Implement	Observe	Reconcile	Support

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Reflection:

On a scale from 1 to 10 (low to high), how would you rate the effectiveness of your life-purpose statement?

Low

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

High

How does it feel when you say your life-purpose statement?