

CAREER AND LIFE PLANNING EXERCISE



Defining Your Roles and Relationships

Perception is everything! Are you being perceived the way you want to be?

Defining Your Roles and Relationships

When it's all said and done, how will your peers, friends, family, employers, colleagues, and others describe you? This exercise will help you explore the type of person you want to be in your various life roles.

Objectives:

By the end of the exercise, the participant will be able to:

- Identify the qualities and characteristics that they would like to be described in their various life roles.
 - (Optional) Explore how you are perceived by people in your various life roles to ensure your perception matches their reality.
 - Create a document that you can periodically revisit to evaluate your progress and direction.



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How to Use This Tool:

1. Consider the life role category and identify the qualities and characteristics you would like to be known by in that life role by the people you would engage.
2. (Optional) You may chose to have people you engage within your life roles by having them describe how you are perceived. Do not do this unless you are prepared to hear what could be hard truths. Remember, this would be meant to help you, but the truth can hurt when it does not meet your expectations.
3. If you elect not to engage others, you can fill out another form yourself, by placing yourself in the shoes of someone from each of your life roles and completing the exercise through the lens of their eyes. Be honest about how they might be perceiving you.
4. Repeat this process periodically or revisit your documents to see if you are on track.

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.
Defining Your Values and Life Purpose Statement	E-34
Assessing Your Family Needs	E-15
Evaluating Your Needs, Wants and Dreams	E-14



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Instructions:

Next to each role, define your ideal relationship.

Role	Description
Physician	
Colleague	
Employee	
Son/Daughter	
Mother/Father	
Spouse/S.O.	
Friend	
Student	
Neighbor	