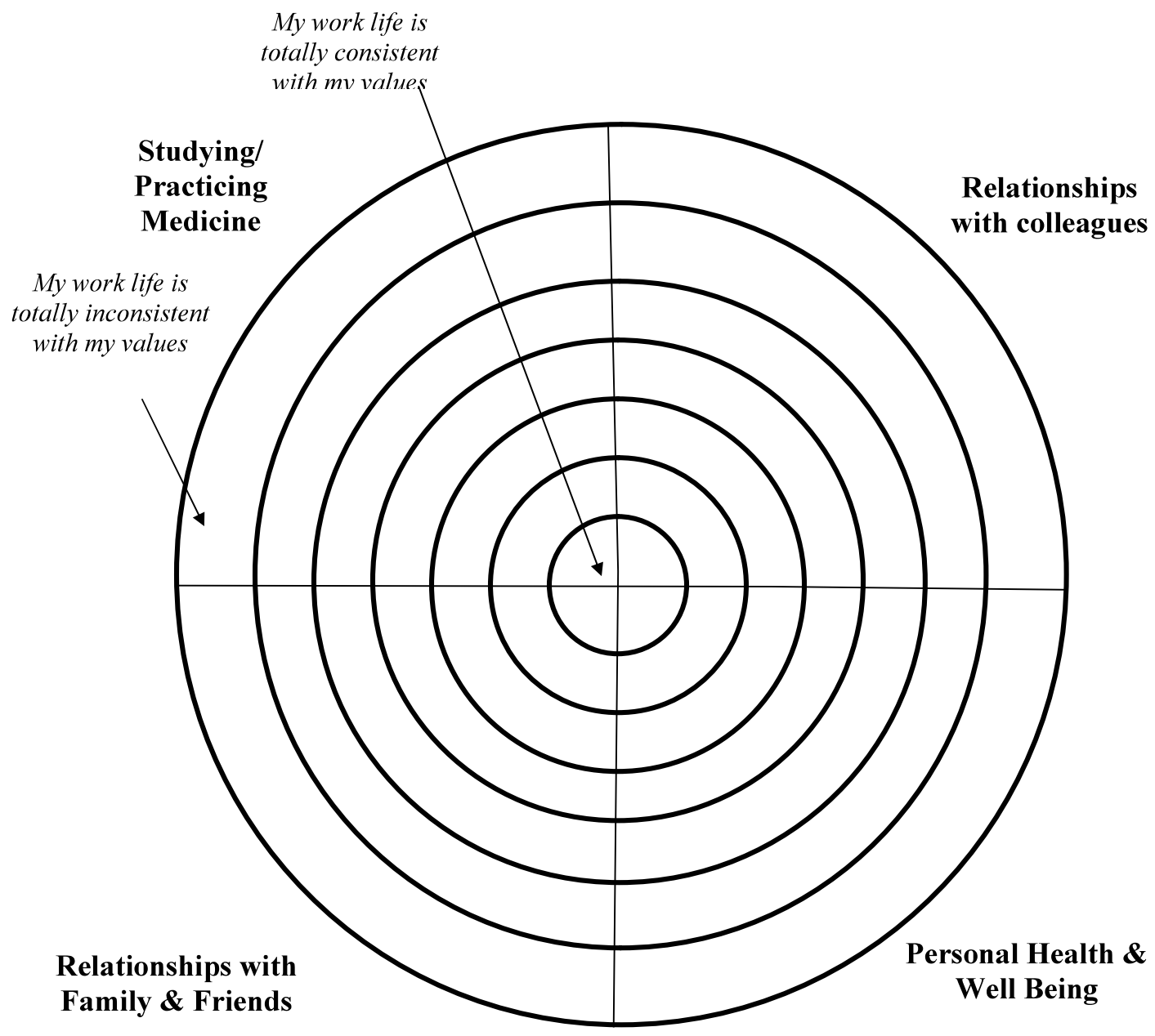


Bulls-Eye Worksheet

Professional/Personal Values Assessment



Instructions: Place an “X” in each of the four quadrants above to represent the degree to which you are currently living according to the values you’ve just described.

Modified from Real Behavior Change in Primary Care: Improving Patient Outcomes and Increasing Job Satisfaction. Robinson et. al. New Harbinger Publications Inc., 2010.

Bulls-Eye Worksheet

Professional and Personal Values Clarification

Instructions: For each of the four areas of professional/personal life listed below, please describe your core values, i.e., what you want your life to embody in practicing medicine, how you balancing your personal and professional lives, your own personal health and well-being and relationships with colleagues. For example, at your graduation/retirement party, what would you like to hear other people say about the mark you had left on them, what you “stood for” and what your behavior over the years represented in terms of your personal beliefs.

Studying/Practicing Medicine:

Relationships with Colleagues:

Relationships with Family & Friends:

Personal Health & Well-being:

Modified from Real Behavior Change in Primary Care: Improving Patient Outcomes and Increasing Job Satisfaction. Robinson et. al. New Harbinger Publications Inc., 2010.