

SESSION 1

YOUR WHEEL OF LIFE & YOUR VALUES



PINK COAT, MD

Your Wheel of Life

Our journey through life and our careers as women physicians is like riding a bicycle. Each area of our life is like a spoke on the wheel.

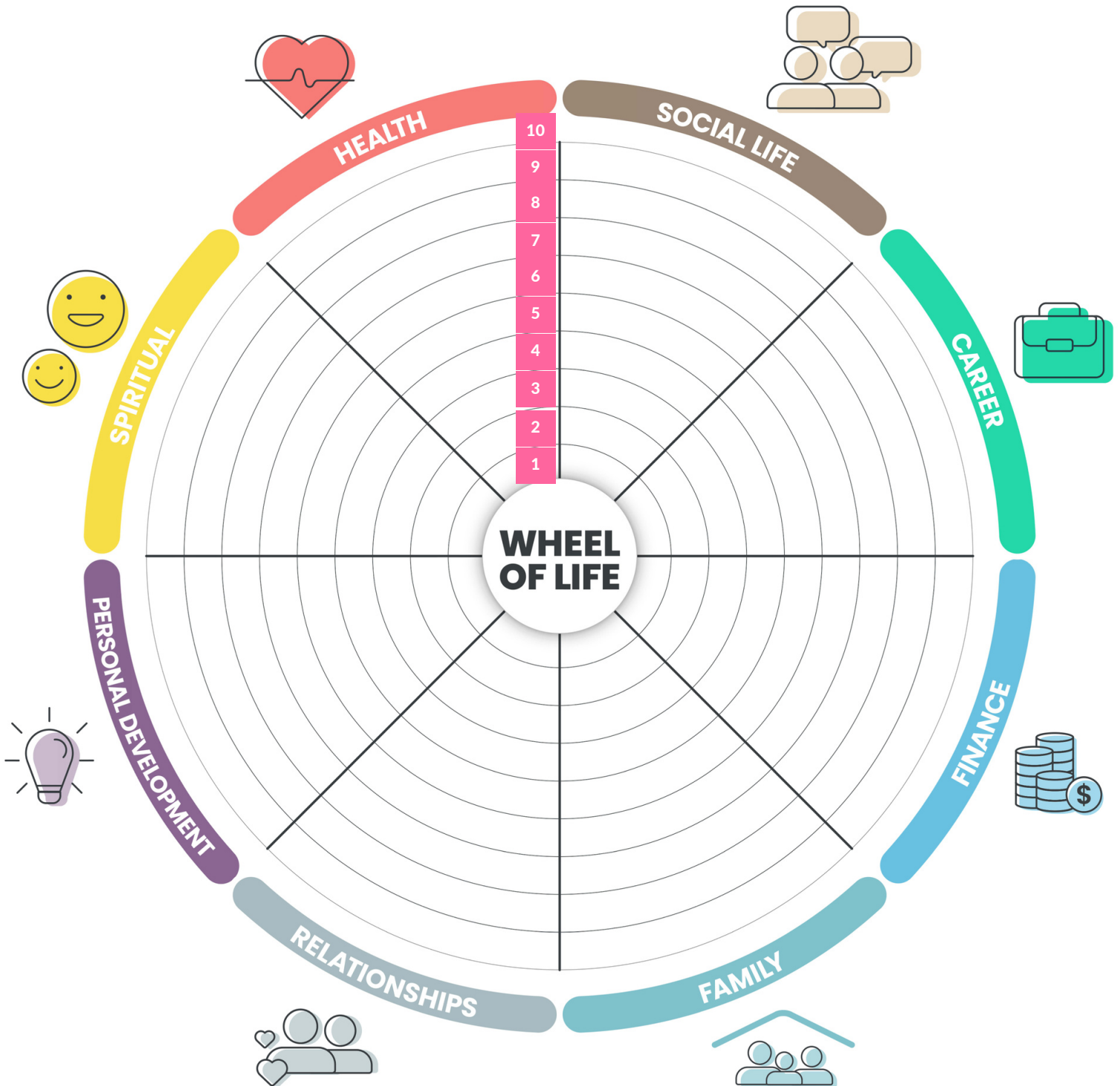
Imagine you are riding through life on your bicycle. How bumpy is your ride? What are the areas that are thriving? What are the areas that take over your life (not in a good way)? What are the areas that are neglected and need more attention and TLC?

How Bumpy is Your Ride?

On the next page is your Wheel of Life

- The 8 sections represent different aspects of your life
- The center of the wheel is 1 and the outer edge is 10
- Rank your level of satisfaction with each life area (1 = low to 10 = high)
- Connect the dots between each section
- Color in each section
- If this were a real wheel on your bicycle, how bumpy would your ride be?

My Wheel of Life

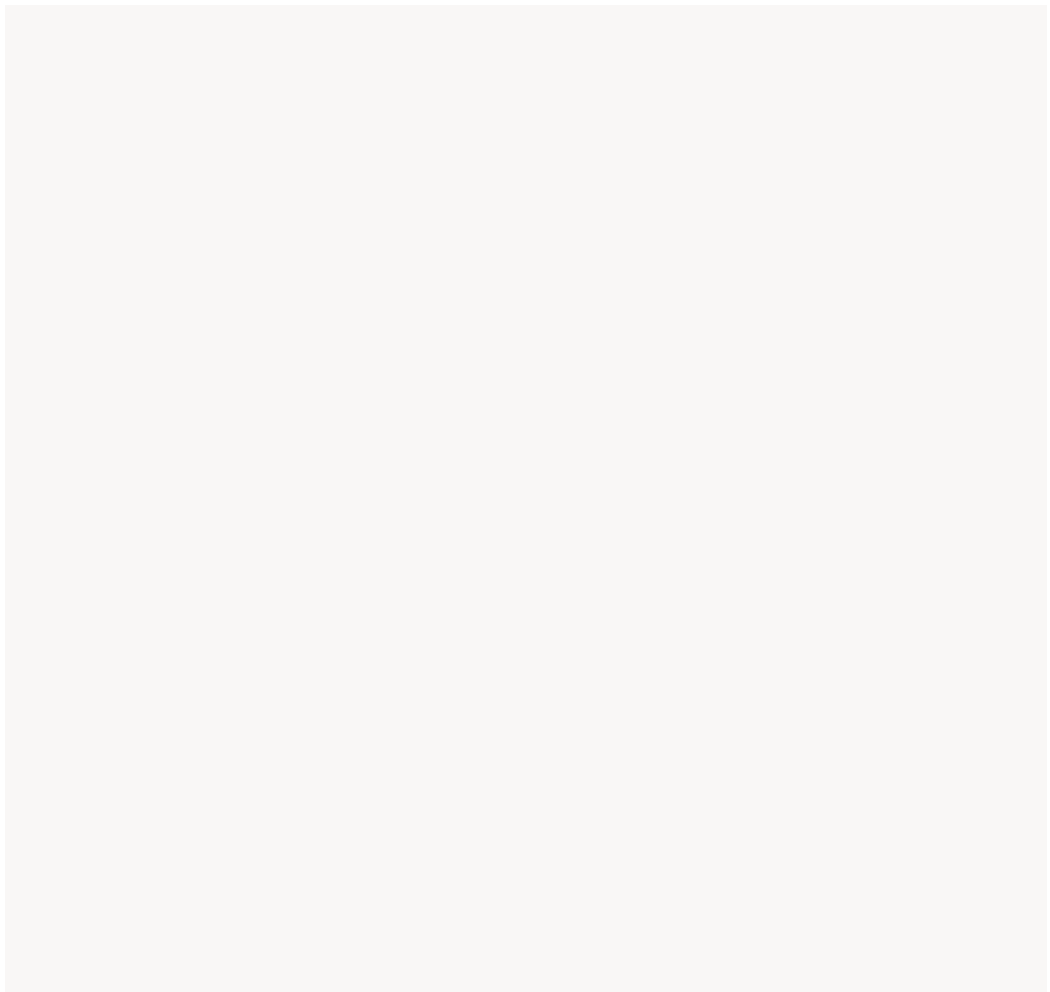


Your Wheel of Life

Focusing In

- What are the main areas of your life that need attention, or redesign?
- What is the current state of your life in these areas?
- What concrete actions would take these areas to a 8, 9 or 10?
- What is 1 small action you commit to today?

Brainstorm in the space below:

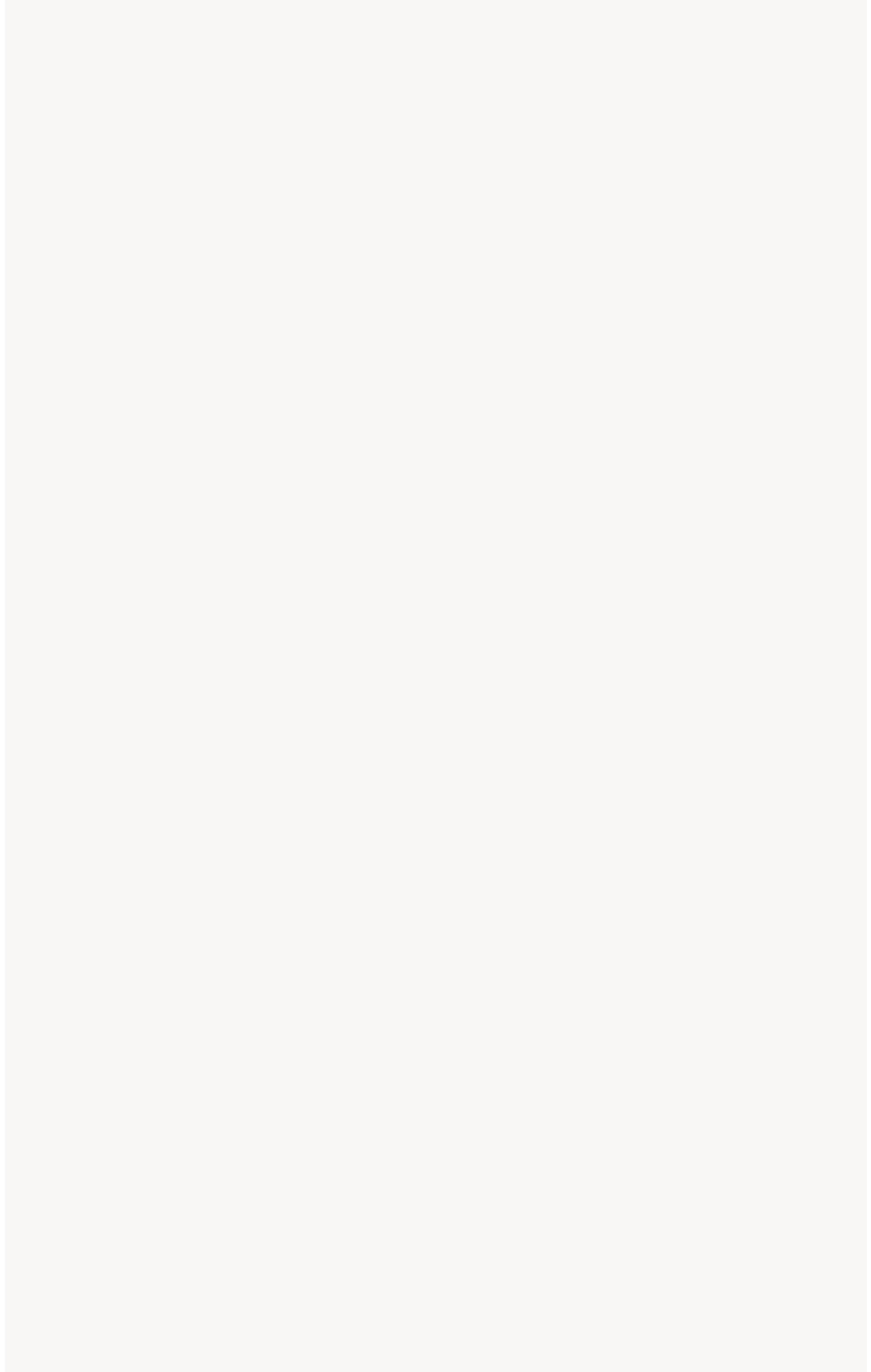


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Your Wheel of Life

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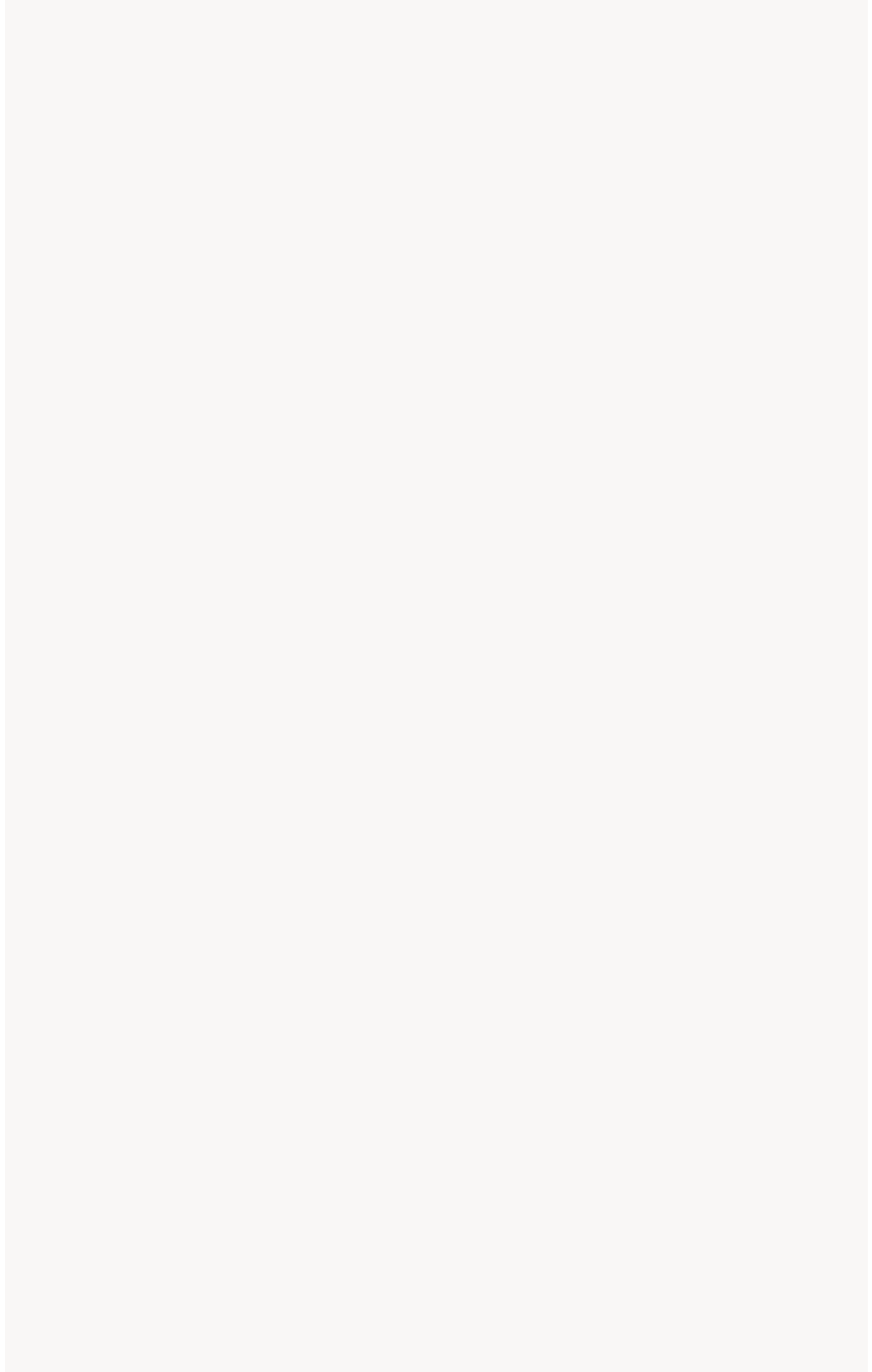


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Your Wheel of Life

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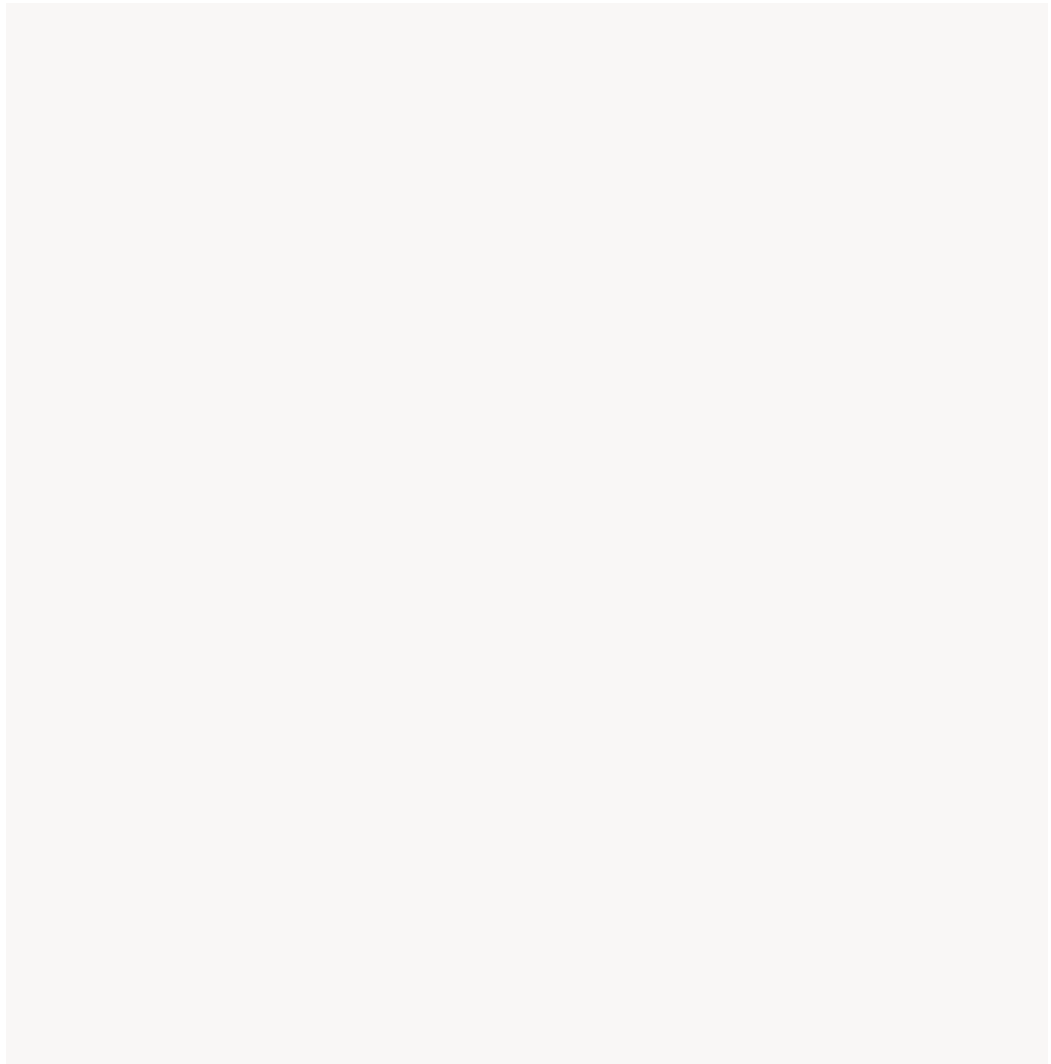
Mining for Our Values

What we value most can often be found hidden in our peak experiences, our heroes, what brings out anger in us, and in our life purpose.

What are your peak life experiences?

Think about your life from childhood until today. What moments/experiences/memories stand out as Peak experiences? When have you felt MOST ALIVE in your life?

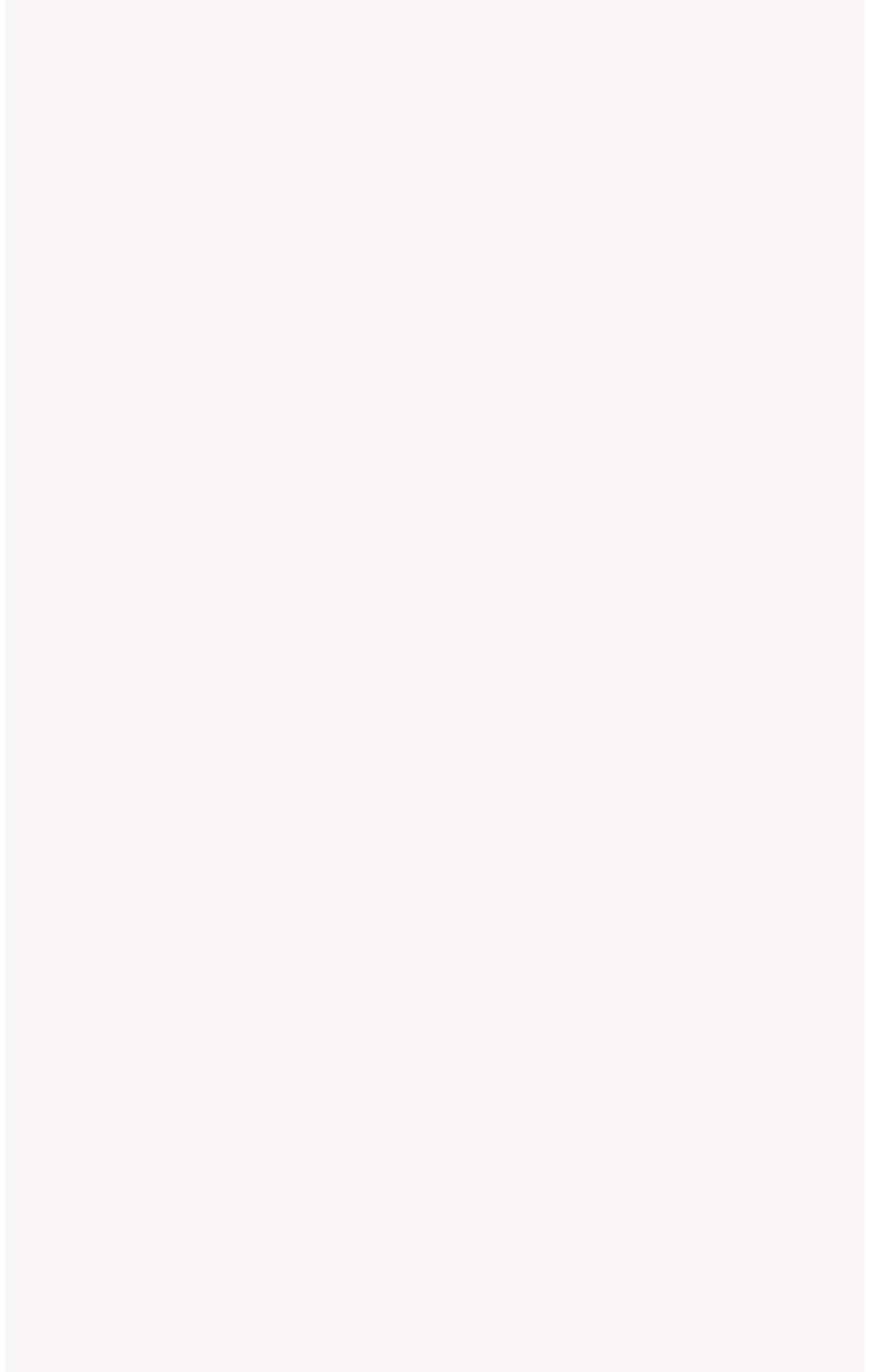
Reflect in the space below.



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Mining for Our Values

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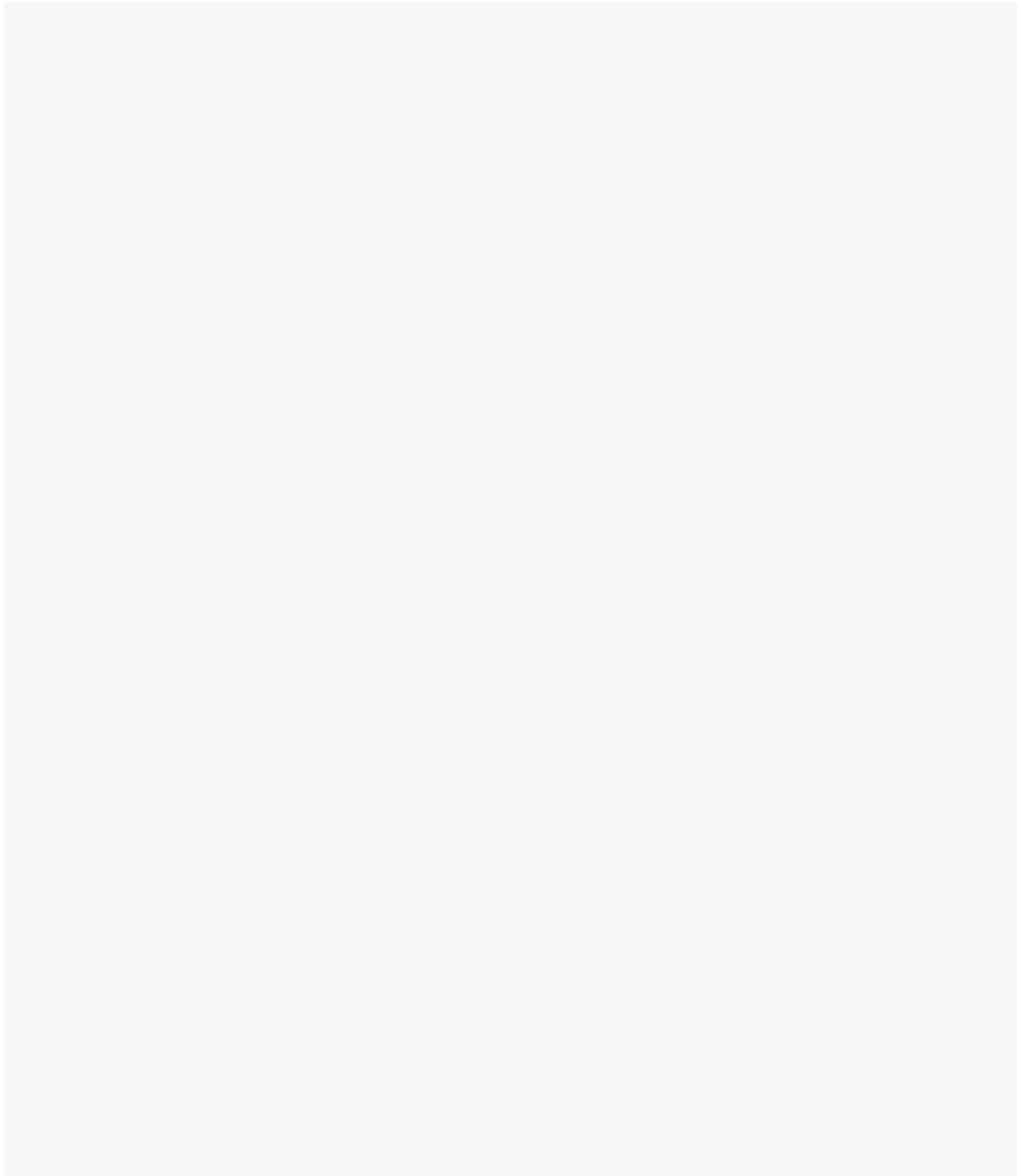


Mining for Our Values

Who are your heroes?

Reflect on the individuals you admire most. Who do you consider to be your personal hero(es)? What do you admire most about them?

Reflect in the space below.



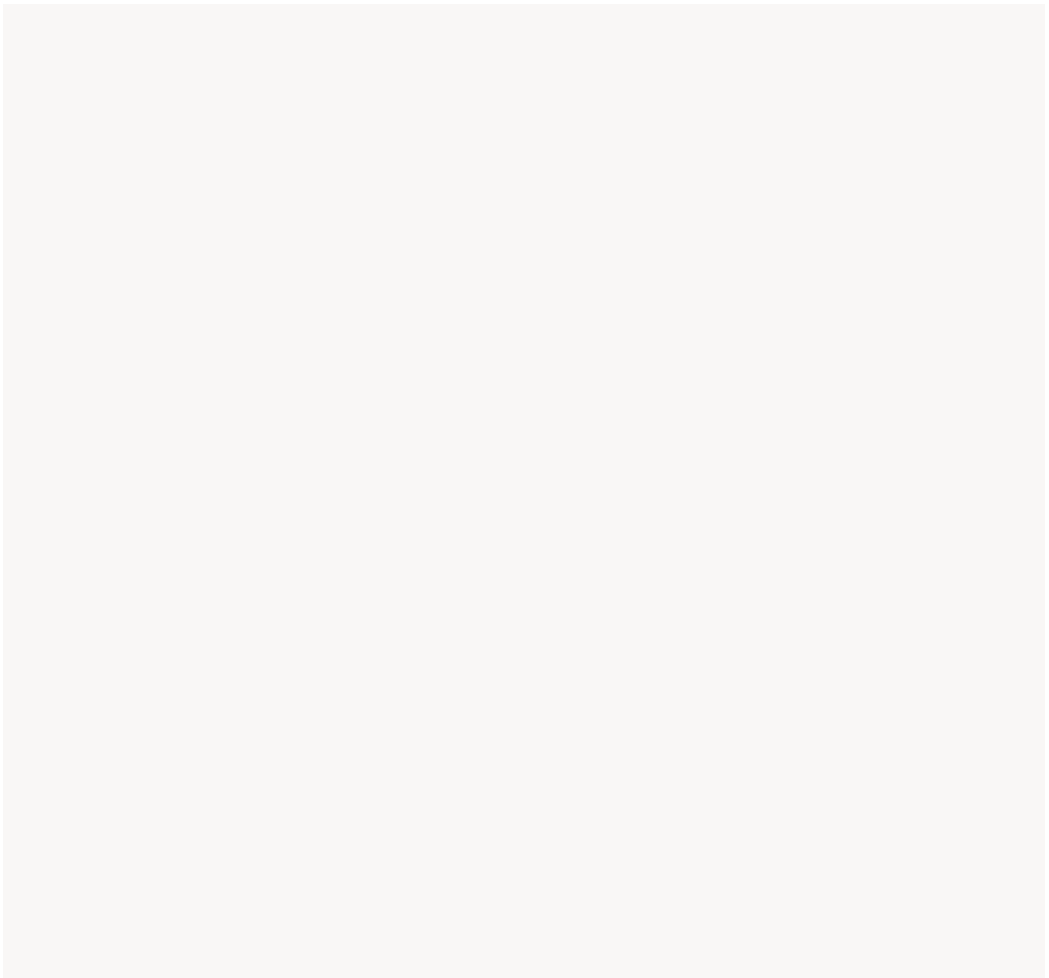
Mining for Our Values

What makes you MAD?

Our non-negotiable values are often hidden in situations or events when we have found ourselves deeply angry -- and perhaps may not fully understand why.

Think about situations or interactions in your life that have truly made you MAD. What values were possibly not being honored?

Reflect in the space below.

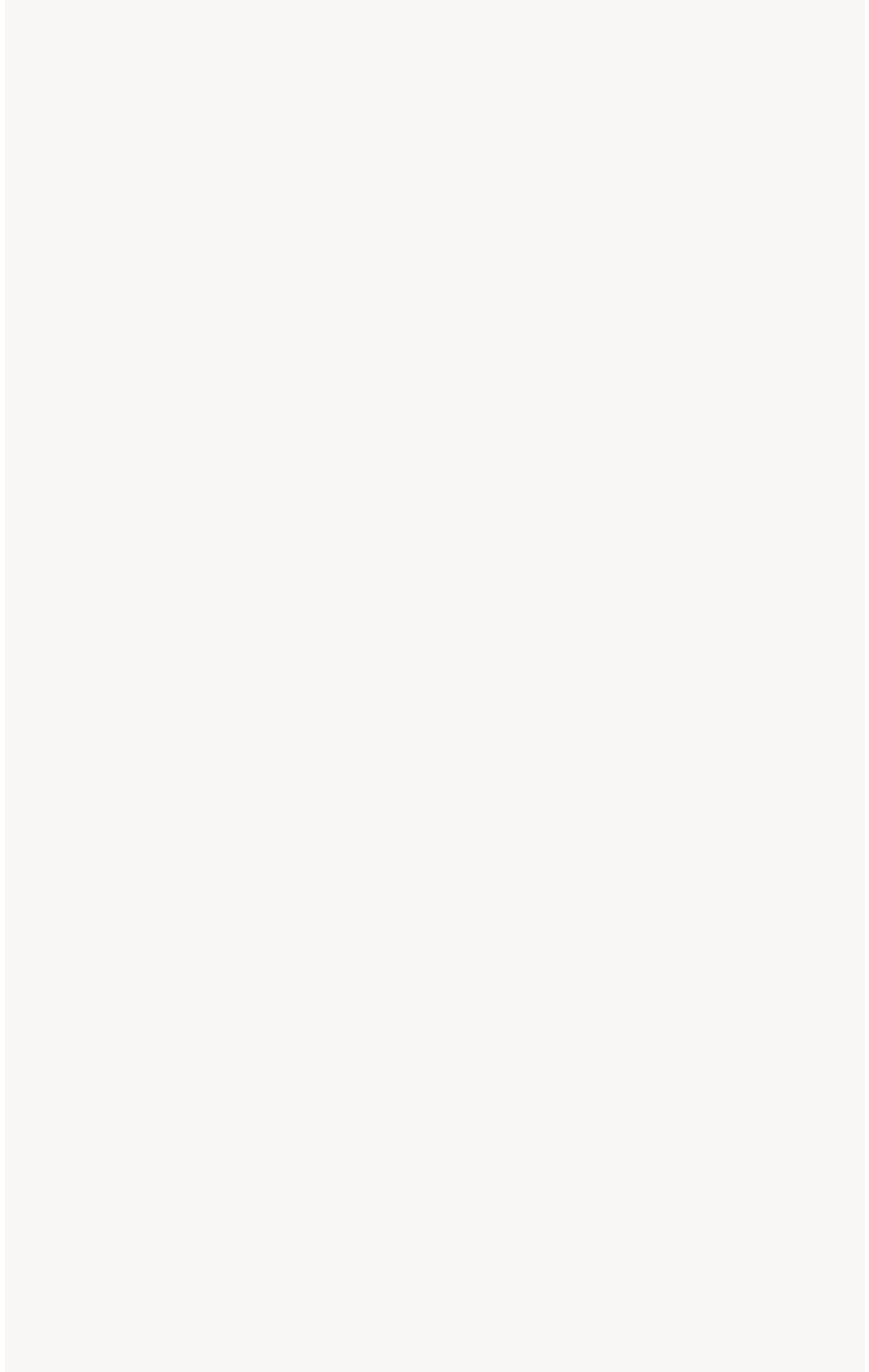


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Mining for Our Values

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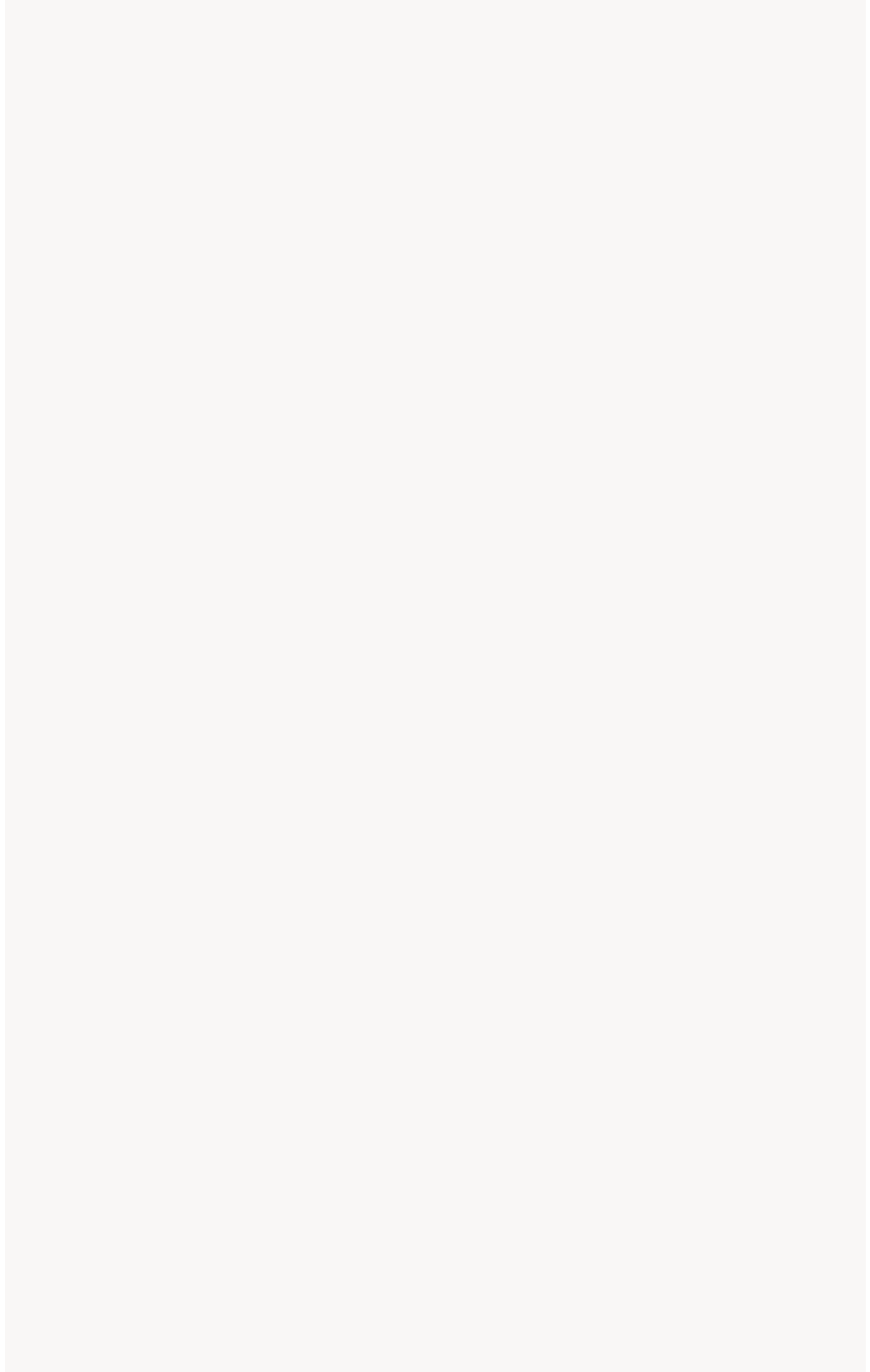
Values Exercise



- | | | |
|----------------|-----------------|------------------|
| Adaptability | Forgiveness | Philanthropy |
| Adventure | Freedom | Power |
| Altruism | Friendliness | Pragmatism |
| Authenticity | Generosity | Positivity |
| Being the Best | Gratitude | Responsibility |
| Belonging | Growth | Respect |
| Collaboration | Harmony | Security |
| Commitment | Honesty | Serenity |
| Compassion | Humility | Service |
| Connection | Humor | Simplicity |
| Consistency | Independence | Spirituality |
| Courage | Integrity | Sportsmanship |
| Dependability | Joy | Stewardship |
| Discipline | Justice | Success |
| Diversity | Kindness | Tolerance |
| Education | Leadership | Thrift |
| Efficiency | Learning | Tradition |
| Equality | Legacy | Truth |
| Enthusiasm | Love | Uniqueness |
| Excellence | Loyalty | Vision |
| Family | Open-mindedness | Vulnerability |
| Fairness | Optimism | Wealth |
| Faith | Peace | Wholeheartedness |
| Fearlessness | Perseverance | Wisdom |
-
-

My Top Core Values

List your top 5-10 core values in the space below:



String of Words Exercise

While there are countless Core Values, what's even more amazing is that ***each of us has our own definition of what our values mean to us.*** None of our definitions are the exactly the same.

Your partner will help you explore what each of your top core values means to you!

Partner Exercise!

1 person goes first

- Share your top 5 values
- Define 1 at a time in your own words
- What does this "Value" mean to you?

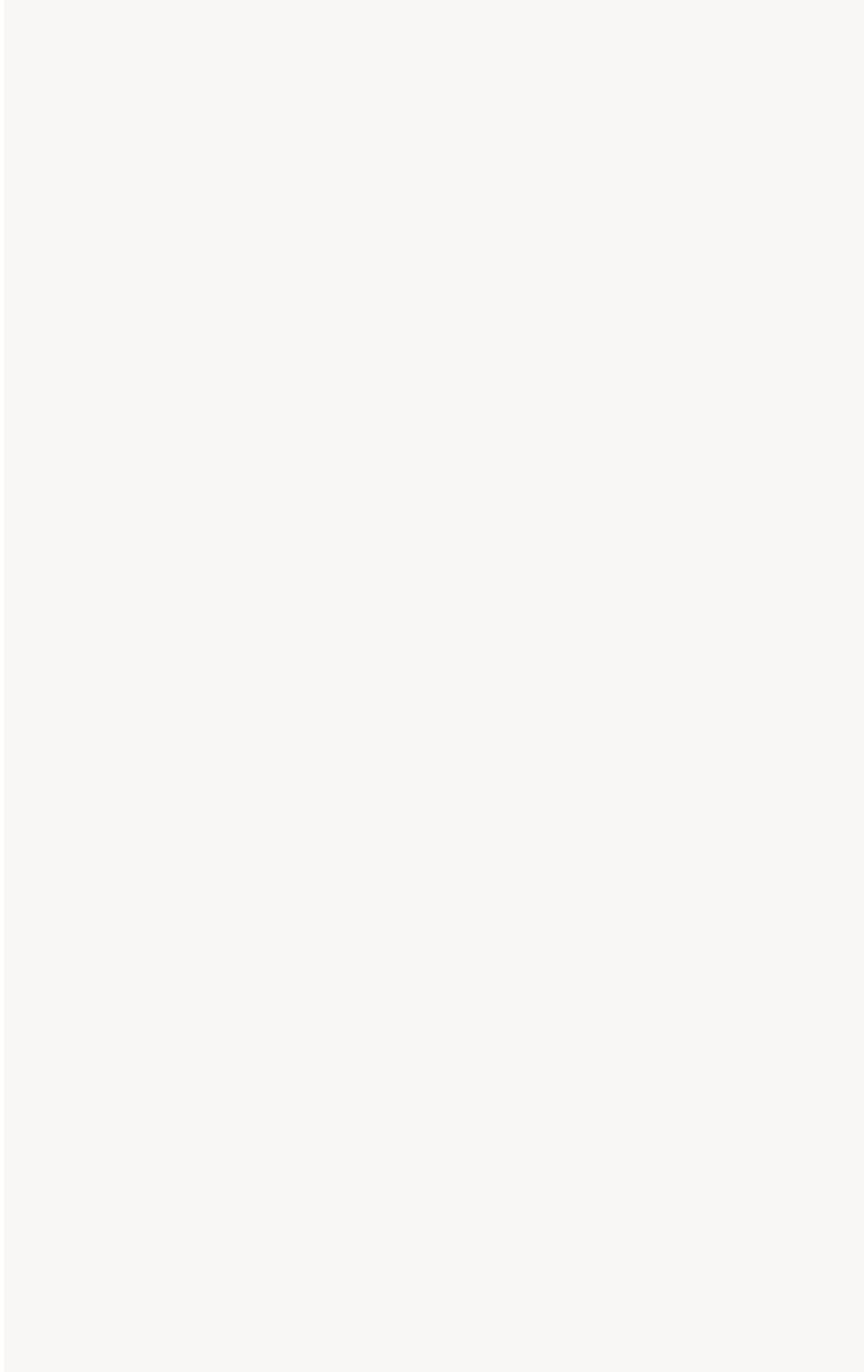
The other partner takes notes

- Ask questions to help your partner clarify how she defines each value for herself
- Take notes for your partner to help her create her "String of Words"
- Share and summarize your notes for your partner

Then Switch!

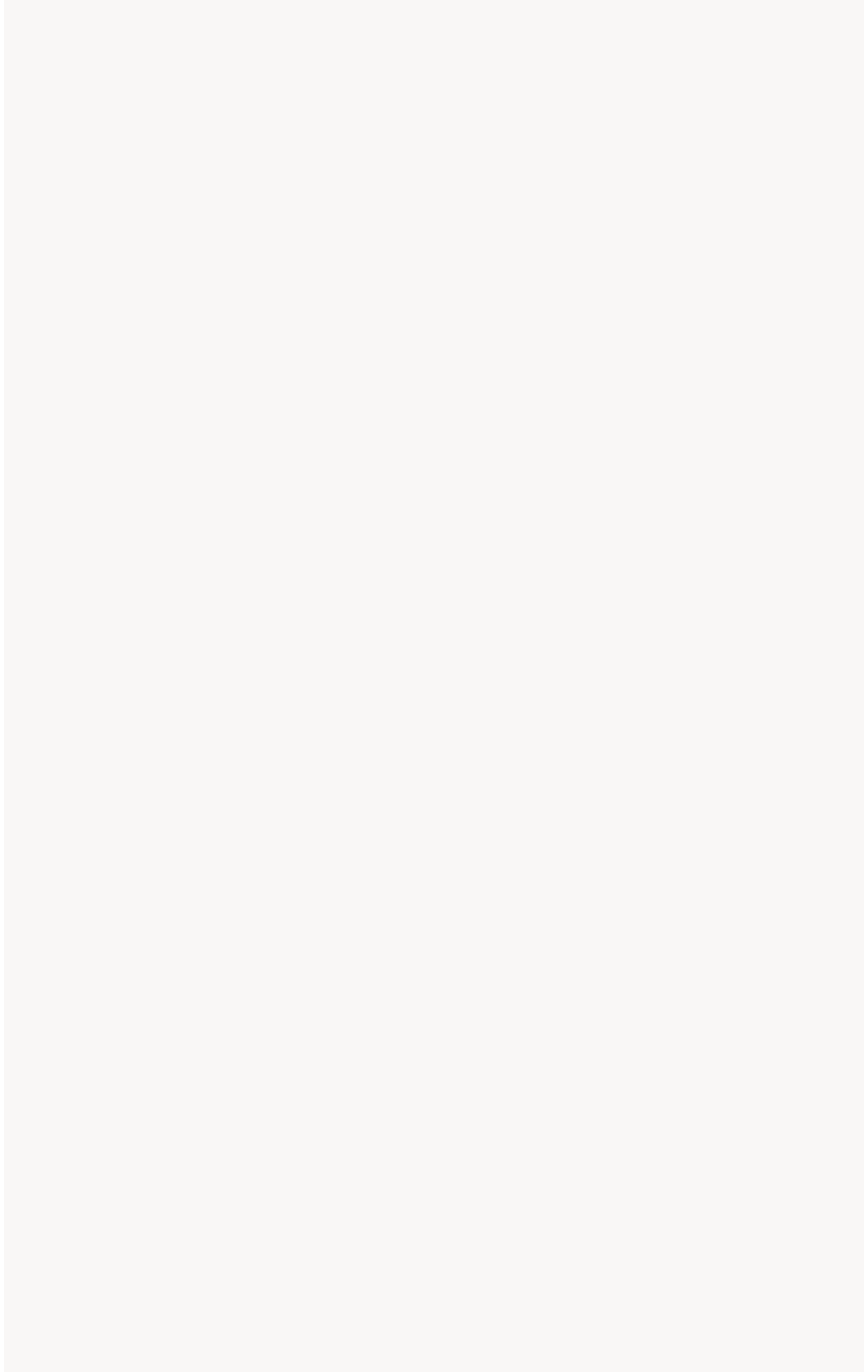
String of Words Exercise

Continue in the space below.



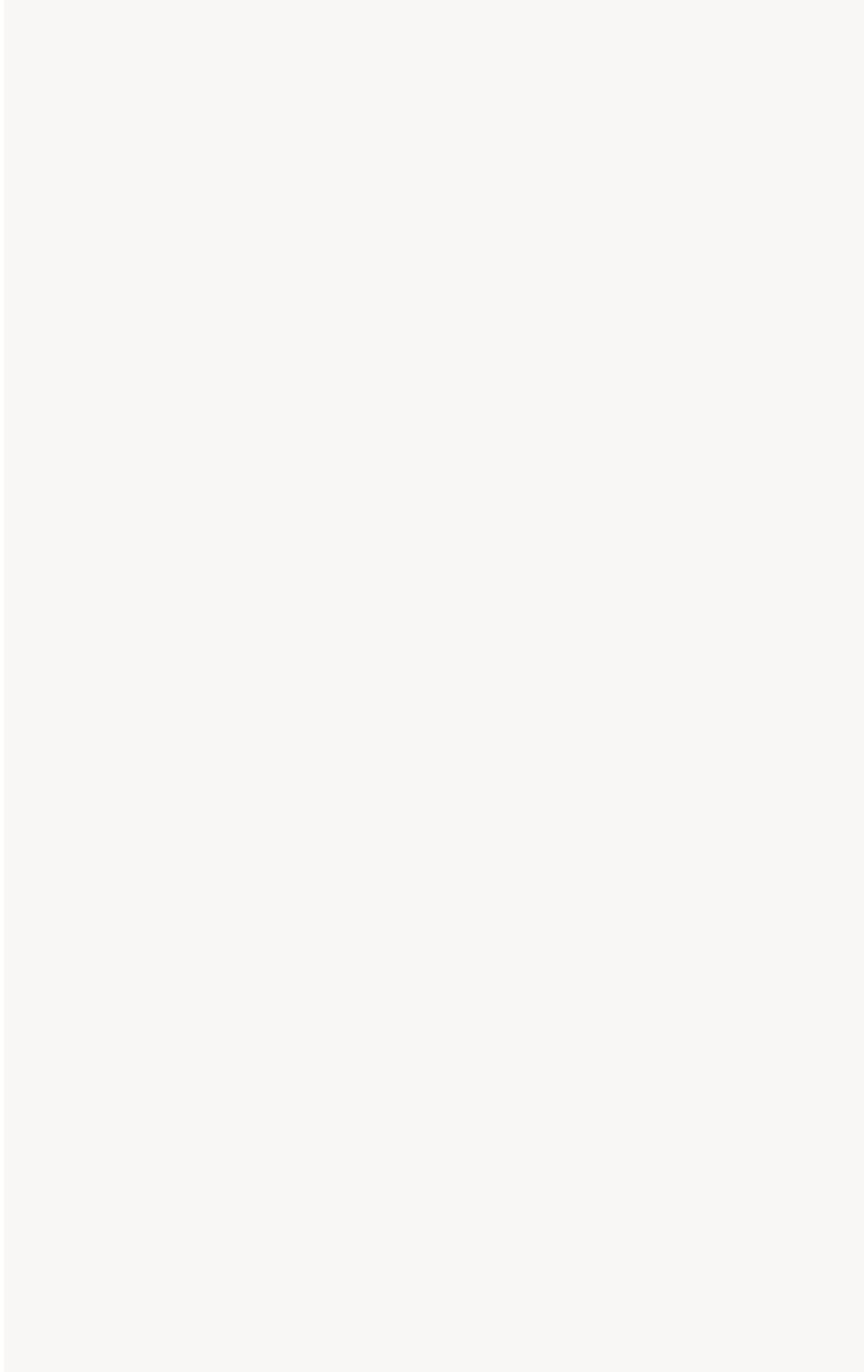
String of Words Exercise

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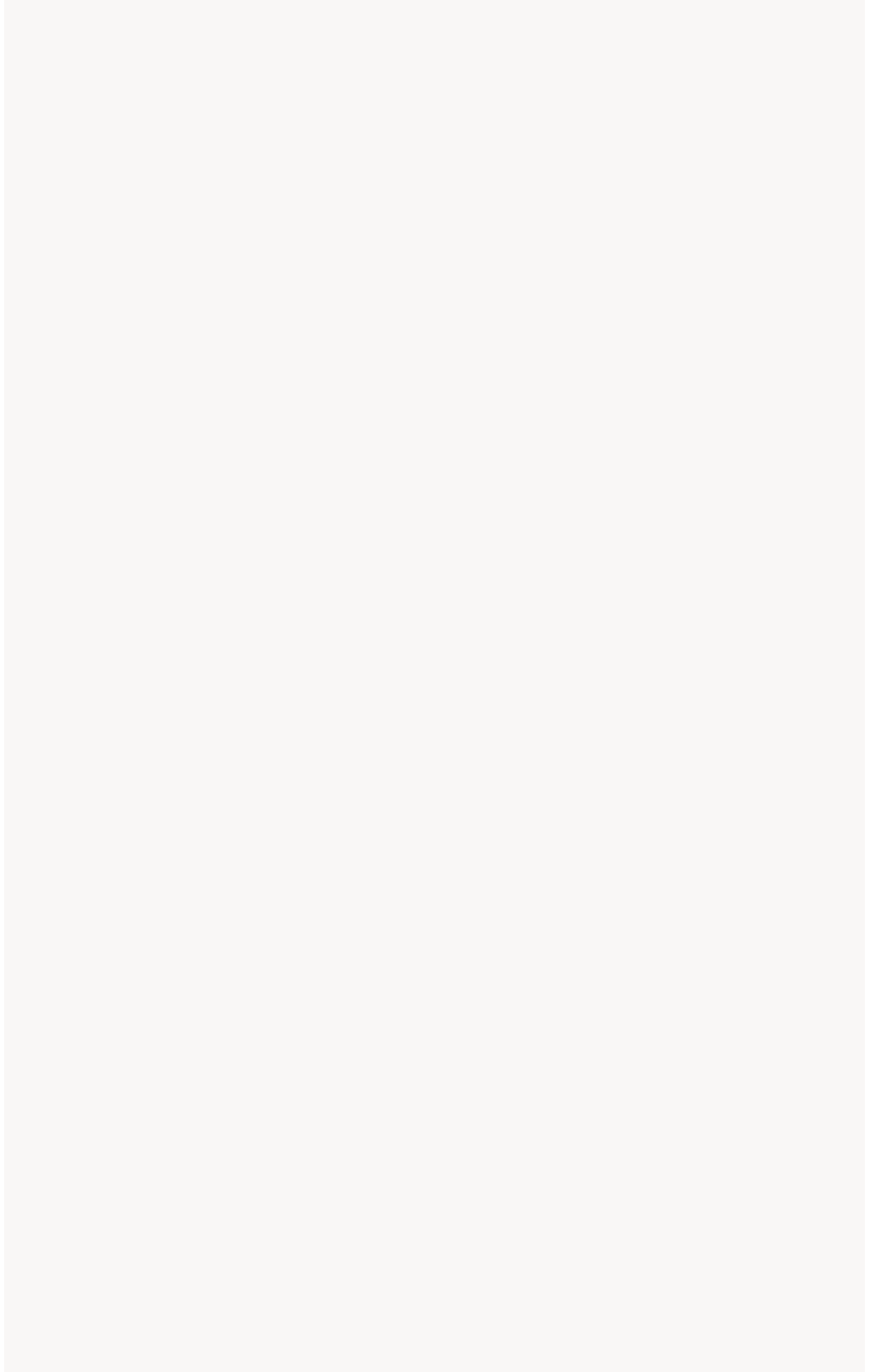
String of Words Exercise

Continue in the space below.



String of Words Exercise

Continue in the space below.



My Top Core Values