

# POFPS MENTOR PROGRAM MATERIALS

## OCT/NOV 2021 - GOAL SETTING

- Career – residencies, practice choices, onboarding, changing careers, Continued learning opportunities, licensing requirements
- Life – planning family, time for children, time for friendship, time for you!
- Resources
  - Books
    - [Marino's ICU Book](#)
    - [The 5 minute OMM Consult](#)
    - [Atomic Habits: An easy and Proven Way to Build Good Habits and Break Bad ones](#)
  - Podcasts
    - [Freakonomics - No Stupid Questions](#)
      - Weekly podcast that reviews the literature of a common question. Great talking points!
    - [The Daily Boost - Motivation Monday](#)
      - quick, 10 minute podcasts with personal development strategies and common sense
    - [Checklist for Habit Change - Gretchen Rubin](#)
    - [NEJM this week](#)
      - Summarizes the week's articles
    - [NEJM Interviews](#)
      - Interviews specialists in hot topics
  - Articles
    - [5 Reasons Why Goal Setting Will Improve Your Focus - Jeff Boss](#)
    - [Golden Rules of Goal Setting](#)
    - [Heres my habits manifesto - what's yours? - Gretchen Rubin](#)
    - [Instead of Focusing on What Works for You—Think About What Doesn't Work For You - Gretchen Rubin](#)
      - [The 4 tendencies quiz](#)
        - “help(s) you identify your personality profile, based on how you respond to expectations. Knowing your Tendency reveals how to make your life better.”
  - Planners
    - [Commit 30](#)
- Prompts:
  - Where do you see yourself in 5 years? 10 years?
    - What are some hurdles you expect, or are afraid of? What do you need to be able to cope with them?
    - How do you prioritize your goals?
      - Does your time reflect that?
      - Does it differ from society's, family's or friend's goals?
        - How do you navigate that?
    - What makes you envious of others? What is it about them that makes you interested in them?
    - How are you spending your time?
      - Is that how you want to spend your time?
    - How do your personal and professional goals differ?
      - Do they interfere with or complement each other?
    - How do you handle when your goals or priorities change?
    - How have your goals changed through different phases of your career?