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# Physician Steadiness Survey

What follows is a short self-evaluation survey which gives you an opportunity to rate your levels of connection, agility, balance, and self-awareness.

This is not designed as a screening tool. Your score does not suggest a diagnosis. Rather, its purpose is to help you evaluate the level of fulfillment in your life as a physician. Set aside a few moments, commit to being honest with yourself, and rate your responses to the following questions using the following scale:

1. Very seldom true of me
2. Seldom true of me
3. Sometimes true of me
4. Often true of me
5. Very often true of me

## Self-Awareness

1. I can identify and express my feelings.

Click to select

2. I can recognize when I am worrying needlessly.

Click to select

3. I know what my strengths are as well as the areas I may need to improve.

Click to select

4. I can stop and reflect on important experiences during my work day.

Click to select

## Agility



5. I can adjust to differences between myself and others at work.

Click to select

6. I can adapt to new situations.

Click to select

7. I am satisfied with how I handle conflict at work.

Click to select

8. I can “shift gears” quickly in response to the changing demands of my workday.

Click to select

## Connection

9. I feel as compassionate toward my patients as I have ever been.

Click to select

10. I can “be present” in the moment while at work.

Click to select

11. I awaken in the morning looking forward to the workday.

Click to select

12. I feel connected to my peers and staff.

Click to select

## Balance

13. I can carve out time for myself.

Click to select

14. I feel as energetic at work.

Click to select

15. I am satisfied with the quality of my family and social life.



Click to select

16. I feel satisfied with my participation in hobbies and recreational activities.

Click to select

Again, this is a survey not a screening tool. There are no “diagnostic cutoffs”. But I hope that has enabled you to evaluate your level of steadiness and fulfillment as a physician.

My coaching program is designed to address these areas and more in the service of sustained progress toward a more ideal life as a physician or physician leader.

If after taking a shot at this tool, you feel interested in finding out if coaching could help you, click on the link below and I will contact you to set up a complementary 30 minute exploratory session.

[30 Minute Complimentary Exploratory Session](#)

**steadyphysician.co**



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- Phone
- Fax
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