



Physician Steadiness Survey

Here is a short self-evaluation survey that lets you rate your connection, agility, balance, and self-awareness.

This is not designed as a screening tool. Your score does not suggest a diagnosis. Instead, 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,

Print this form out and rate yourself for each statement 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

- **I can identify and express my feelings.**
 - **I can recognize when I am worrying needlessly.**
 - **I know what my strengths are as well as the areas I may need to improve.**
- 4. I can stop and reflect on essential experiences during my workday.**

Agility

- **I can adjust to differences between myself and others at work.**
 - **I can adapt to new situations.**
- 7. I am satisfied with how I handle conflict at work.**
- 8. I can “shift gears” quickly in response to the changing demands of my workday.**

Connection

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

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

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

12. I feel connected to my peers and staff.

Balance

13. I can carve out time for myself.

14. I feel energetic at work.

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

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

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

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

**Save your results. They will be helpful for our
Exploratory Session.**