Dare to Dream Physician's Annual Retreat

Consider downloading for free and reading a resource like the <u>"Burnout Prevention Matrix"</u> by Dike Drummond MD prior to this exercise

Arrange for uninterrupted time with your spouse or significant other. If possible, an overnight stay away from home gives time for good ideas to surface.

Spend time in mindfulness, reflection, and prayer about the retreat prior to going.

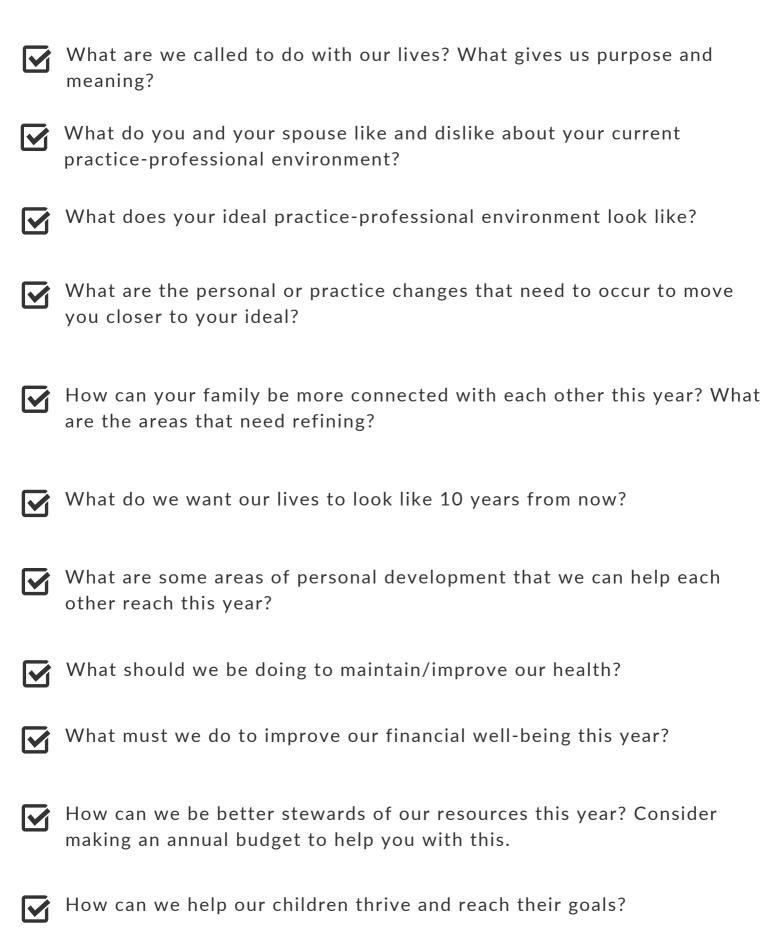
Use your preferred mindfulness techniques together throughout the retreat to help you remain present and focused.

Review what you liked and disliked about the past year both personally and professionally.

With some curiosity, trust, patience, acceptance, non-judgment, and non-striving attitudes answer the questions on pages 2-3 together.

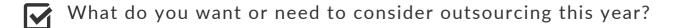
Verbally process them, and listen to one another, without fear talk about the present and future together.





What does your ideal practice-professional environment look like?





What do we enjoy doing as a family? Any special trips/activities this year?

Review your routine. Ask, "What's keeping us from our priorities?

What should we say "no" to this year?

What habits could we replace with ones that align better with our goals?

What have we discussed that needs to be reflected in our annual budget?

