
Dare to Dream Physician's Annual Retreat

Consider downloading for free and reading a resource like the [“Burnout Prevention Matrix”](#) 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 are we called to do with our lives? What gives us purpose and meaning?
- What do you and your spouse like and dislike about your current practice-professional environment?
- What does your ideal practice-professional environment look like?
- What are the personal or practice changes that need to occur to move you closer to your ideal?
- How can your family be more connected with each other this year? What are the areas that need refining?
- What do we want our lives to look like 10 years from now?
- What are some areas of personal development that we can help each other reach this year?
- What should we be doing to maintain/improve our health?
- What must we do to improve our financial well-being this year?
- How can we be better stewards of our resources this year? Consider making an annual budget to help you with this.
- How can we help our children thrive and reach their goals?
- What does your ideal practice-professional environment look like?



- What do we enjoy doing as a couple?
- What do you want or need to consider outsourcing this year?
- 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?

