

NYU Langone Grossman School of Medicine

Transition to Residency Advantage Program

Q4 Meeting Suggested Agenda: Envisioning the next transition – looking back at Internship

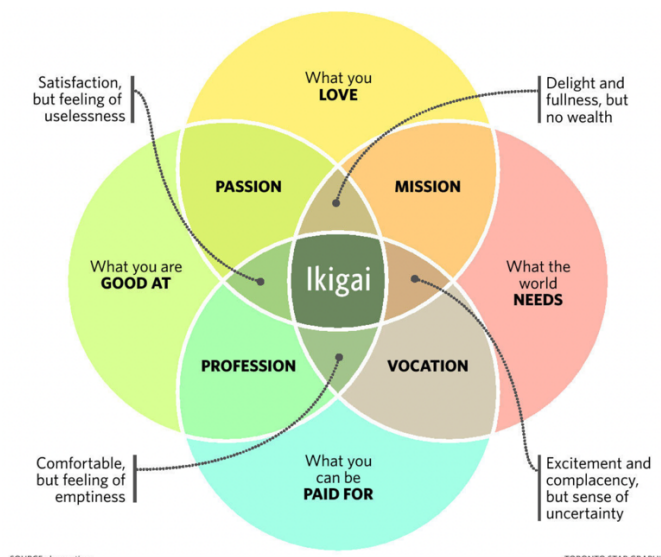
In preparation for this meeting, scan your life for what has been meaningful about this year in each of these domains. What have you learned in each of these areas? Can you point to places you have grown?

1. How have I grown this year? What have I learned about myself?

- Career, work and professional life
- Health and well-being
- Personal life, home and family
- Finances
- Community, friendships
- Spiritual and learning
- Miscellaneous/not mentioned in other areas

2. Envisioning your future: *Ikigai*

While there is no direct English translation, ikigai is thought to combine the Japanese words *ikiru*, meaning “to live”, and *kai*, meaning “the realization of what one hopes for”. Together these definitions create the concept of “a reason to live” or the idea of having a purpose in life.



Think about what you want to be doing with your professional life. Consider how what you do, or what you want to do fits into each of these circles.

What do you love?

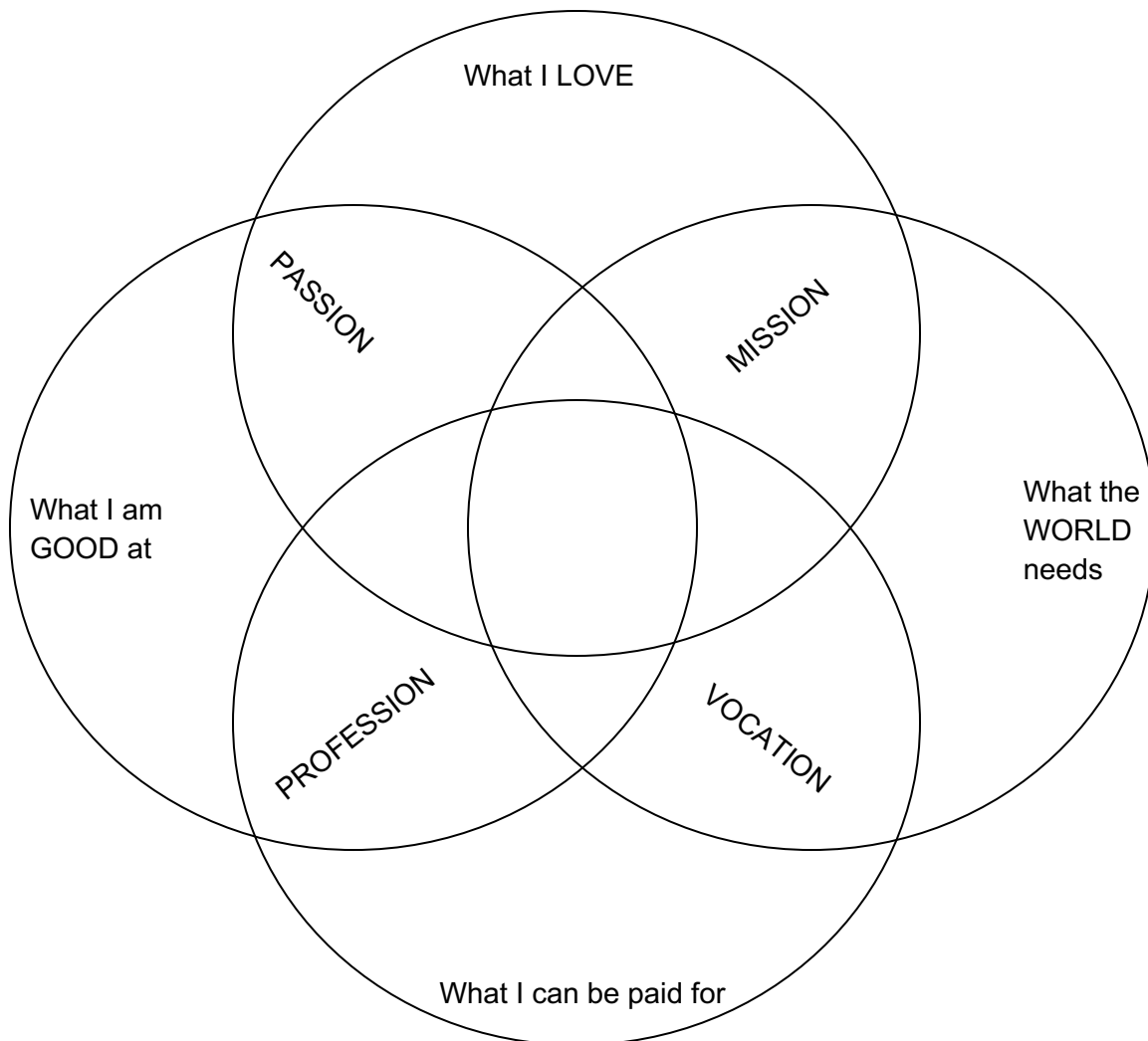
What are you good at?

What can you be paid for?

What do you feel the world needs?

In the intersection between these domains, you can find mission, vocation, passion and profession. It is rare for something to fall in the precise intersection of these circles! But the closer you get to the center of this model, the more you will connect and be fueled by your work.

Diagram here the activities that you want in your work and life – where do they fit in? Be as granular as you like!



After the Meeting: In addition to setting up follow-up meetings, you can log in to [Navigator](#) to set new goals and communicate with your coach.