

NAME

DATE



WHAT ARE MY
THREE GREATEST
STRENGTHS?

WHO AM I AS A
SCIENTIST RIGHT
NOW?

WHAT IS ONE
LIMITING BELIEF
I HAVE ABOUT
MYSELF AS A
SCIENTIST?

WHAT RESOURCES DO I HAVE TO PURSUE MY PASSIONS?
WHAT RESOURCES DO I NEED?

HOW DO I COMMUNICATE MY TRUTH? WHAT ARE MY
CONFRONTATION STRENGTHS + WEAKNESSES

WHERE DO I HOPE TO BE

IN 1 YEAR

IN 5 YEARS

IN 10 YEARS

It is recommended that you use pen/paper but PDF will do just fine! Note this is for reflection and educational purposes only and are not substitute for care from a mental health professional.

HOW DO I DEFINE HEALTH?

WHAT ARE MY SIGNS THAT MY ACTIONS, BEHAVIORS, OR THOUGHTS ARE NOT IN ALIGNMENT WITH MY VISION OF HEALTH OR SCIENCE?

PLEASE FREE-WRITE (STREAM-OF-CONSCIOUSNESS) FOR THREE MINUTES IN THE SPACE BELOW. YOU WILL ONLY SHARE WHAT'S RELEVANT AND COMFORTABLE.



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