

Session 2 | Episode 1

Self-Management: Identify Your Needs

Understanding your personal and professional needs can help you prevent burnout. Here are some questions to help you identify your physical, emotional, and mental needs.

1. On a scale from 1-10, how well am I taking care of myself?
2. What makes me feel fulfilled?
3. What do I need to do my job well?
4. What is my work style?
5. Are there any areas in my life that I feel empty or unfulfilled?
6. How do I like to spend my time at work? What do I not like to do?
7. What do I like to do outside of work? Am I getting enough time to do those things?
8. Am I getting enough rest?
9. What do I feel is lacking from my life?
10. What parts of my life feel out of balance?
11. What give me energy?
12. What depletes my energy quickly?
13. What do I value most in life?
14. What boundaries do I need to set to protect my time and my well-being?
15. How do I feel about my current work environment? Does anything need to change?
16. Do I need to ask for something to do my job well?
17. How often do I move my body? Am I currently feeling sluggish or energized?