Listening Session Individual Reflection Activity

*Please write legibly.*

Date:­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What are the best parts of your day and/or job? Why?
2. What gets in the way?
3. What are the worst parts of your day? Why?

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*Source: AMA. Practice transformation series: Listening campaign: engage physicians to uncover and address sources of burnout. 2022.*