

Personal mastery essay



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Personal Mastery Paper Core Values In attempting to examine my inner core values I first need to define what this actually means to me. What are core values? Are they the personal standards about how we live and treat others. And if so, do the order of these values differ from work to family to recreation? I believe that my core values define me and are responsible for my decision, set very early in life, to pursue a career in healthcare. My most important inner core value is that of integrity. This principle relates to my being honest and truthful not only to my self but to all those with whom I come in contact.

This allows me to have moral principles where I try to make my intentions, decisions, and actions based on my belief of right and wrong. I then gain a sense of self respect making me proud of who I am. My next important inner core value is my intellectual personal characteristic, in that I am a person who uses thought, reason, and critical thinking in every thing I do and in all spheres of my life. This asset has definitely helped me in my medical career but has hindered me in the spontaneity of life.

As will be seen in my Myers-Briggs Type Indicator, this rational characteristic substantiates and validates my personality. It has had a major impact on my inner core value of responsibility. It has made me trustworthy and reliable in my ability to carry out and complete the tasks of daily life in providing for my family, raising children and achieving my goals of being a dependable physician. My belief in being disciplined is a strong personal characteristic affecting my behavior and way of working . I am very focused in what I do and how I conduct my personal behavior.

A large part of my inner core values is my belief in affection with a devotion to caring and trust in others. I believe in the nonviolence of people to do good, having a sense of altruism and selflessness. These core values guide me in developing by personal board of directors. These individuals have influenced me in the past and will continue to direct, manage and guide me in making decisions and choices for the rest of my life. This board has helped me hone my strategies to deal with the obstacles that I have encountered .

They will continue to encourage me to create balances between family, work and the need to regenerate my energy both internally and externally in dealing with the complexities of life. The chairman of my board of directors will be my parent's who have instilled in me a sense of hard work and ethical behavior. They have guided me to relentlessly work to accomplish my dreams and even though they lived in the lowest group of the socio-economic society, they believed in my ability to achieve and they sacrificed all that they could so that I could become the person that I am today. They instilled in me my core value of altruism and kindness.

My next important board member would be my twin brother who although may genetically be a carbon copy of me, has always been blew to step back and be a critical reviewer of my decisions and a sounding board in times of crises. The giants in business Steve Jobs and Bill Gates, would definitely be on my board of directors. They have both made tough choices in the management of their own companies to achieve their ultimate unparalleled success stories. I need them to balance the emotions of trust and caring that I have for people with the often tough and impersonal choices that need to be made in aspects of life and business.

They would also be beneficial in opening doors to my career vision and help me in management skills, deficiencies I will discuss later in this paper. The dean of my medical school, Phillip Tibias is there both as a visionary, and an intellectual and will be the global visionary to my decisions. The last two member of this exemplary group of people are in my profession, Wolf Titian and Atoms Falconer. They embody a powerhouse of knowledge in my work field, also having experience in leadership and professionalism. They are intellectual and have inspired me in my chosen specialty of reproductive endocrinology and infertility.

My board must not be a rubber stamp but must be able to review and help me make session in all the facets of my personal, professional and educational goals. The table will be round as all my board members are equally important to me. My personal style The Myers-Briggs Type indicator was a very accurate assessment of my personality, behavior patterns, learning style and helped be understand how I make decisions. I am proud to be a "SITS". I am a staunch introvert with regard to my personal interactions with people. This is made even more challenging for me with regard to group dynamics.

I have a much more reserved personality, which is more focused on my inner strengths, beliefs and aloes. I recharge my body more easily when I am alone and learn and make decisions by reflecting on the data presented to me. The "S" and "T" in me refers to the manner in which I assimilate and process information, doing so in a very organized, logical and exacting way. I am very factual and concrete and make decisions based on experience and observation which allows me to be focused on what is happening in the

present. I notice facts and details and enjoy viewing life from a practical standpoint.

This process may sometimes cause me to miss the “big picture”. I am certain I have an under developed right brain function for creative and imaginative thinking which has steered me away from certain career paths and recreational activities. My thinking is very analytical and exacting. This being said I still strive for equality in the treatment of others. I prefer to analyze the pros and cons of each decision or choice that I make but this aspect of my personality unfortunately may make me seem to be too task oriented and uncaring.

The last part of this AMBIT equation is the “J” in me which allows me to be very scheduled and organized. Its impact on my lifestyle preference makes me be a planner in all aspects, as this characteristic makes me feel settled and more comfortable when life is under control. My 1STJ in my personality allows me to be reserved, serious, and very dependable. Its impact in dealing with people in my professional and family life has made me very practical, realistic, and responsible. I try to decide logically what should be done and work toward the end with perseverance and tenacity.

Making everything orderly and organized gives me a sense of pleasure and allows me to feel more relaxed about work, home, and in life. Career vision My career vision is very complex as I have two divergent career paths that may not allow me to accomplish both at the same time without affecting my overall balance of life. These two career goals will definitely have a negative impact on my non-career goals and objectives by not allowing me the time

and space to achieve my bucket list of recreational activities that involve travel and scuba diving.

My career vision in the practice of medicine is to provide the one on one patient care which gives me with a tremendous personal satisfaction in helping couples achieve here goals of having a family. The field of infertility has grown exponentially from its early days of limited success for a narrow population of women with fallopian tube problems to a field of allowing all types of infertility problems to be treated.

The expanding specialty also allows us to preserve eggs, embryos and sperm for men and women going through cancer treatment and so preserve there fertility options for the future. The field is revolutionary in giving families children who have a healthy genetic makeup from couples who may carry a major genetic disease, by us hosing embryos that have been screened for these life threatening conditions and preventing the emotional agony of loosing a child with a non treatable condition.

The divergence in this career vision is my goal to move into more of a managerial and corporate role in the health care sector and to manage and hopefully have an impact in the future of healthcare in the United States. I am hopeful the time needed to accomplish both these goals is available to me. As I review my career thus far, and as my experiences both in life and my chosen career accumulates, my personal preferences and strengths have become more apparent to me. My career anchor that almost certainly fits with my goals and aspirations is in the technical and functional arena.

I do see that this has been a strong attribute in my career choice of enjoying the specialization, highly focused knowledge and functional traits and skills that I have accumulated. This type of career priority may limit my ambition to be in a general managerial role as I may not have all the information and knowledge that I desire, in order to feel completely comfortable to make decisions, lead and achieve a desired solution. Genie: In order to merge these two differing competences, I would instruct my genie to develop a large multi-national healthcare center specifically tailored to treating fertility.

This would allow me to continue my passion in dealing with a highly specialized field within health care but also further expand my expertise in having a management component to the position. The multi-national positioning would also then help fulfill the balance of my career with the other side of the equation of life involving family and recreation, as it would allow me to travel. Competencies My view of my greatest strengths and weaknesses are easy for me to write about although they may be perceived differently by both my peers and family.

I am a “ planner” who internally in detail what I feel needs to be accomplished and then will organize my activities in order to achieve this objective. I am able to adapt or modify my set list of steps that I originally set to accomplish this goal, but try not deviate from this path without carefully assessing the risks and benefits of modifying the strategy. I try to be efficient with careful thought placed about the use of time and energy without compromising attention to detail. My personality only then allows me to be content with the final outcome if I perceive it to be of a high standard.

This way of doing things is ingrained into my work, family and recreational pursuits. My medical training has given me a tremendous empathy for others with the ability to read and understand the moods, intentions and non-verbal behavior of other people. This attribute allows me to both listen attentively and understand both the capability and well as the limitations of the person or group of people. An area of weakness that I possess, may be a degree of inflexibility to other ways of eating to a particular goal even if we are trying to achieve the same objective.

Although this relatively unyielding philosophy is not to a point of obstinacy which may jeopardize the end goal or create a situation of alienating a person. Another area of weakness is that I often do not present myself in a forceful, confident and self-assured manner. Although I fully believe in my ability, my reserved nature may make me seem less decisive than I would like to portray myself. Lastly my inability to communicate easily in written form to the depth of which I intend to convey, may appear more abbreviated than intended.

This characteristic may spill over into my ability in a group setting to give a structured and organized presentation. Goal setting My bucket list is not very long and as such was relatively easy to compile. Some goals may be easy to achieve and some may never be attained. My occupational vision to lead a world class fertility unit is definitely achievable. To leave behind a legacy of bringing joy to many individuals and families I think I may have already attained but to leave behind a heritage of medical discovery may not be attainable without hanging my patient oriented focus.

My goal to accomplish financial security for my family may eventually be achieved but a driving force to retire young is probably gone by the wayside. My recreational bucket list is much easier to obtain but will involve time management and balance between “ work and play’ . I will need to carve out time to scuba dive, fly a plane and learn Spanish. The last items to make my life complete will be to see my 2 children graduate and achieve health, happiness and financial stability and hopefully in the distant future, to play with my grandchildren.

Synthesis and optimization Now that I have had time to document my goals, personality style, values, competencies and career vision, I now need to see how each aspect has helped or hindered, and directed or misdirected my achievements so far. I need to examine how the complex interaction of each aspect, has created and molded me into the person I am today both professionally and personally. My accumulating knowledge has allowed me to see Just like any organization each of my values goals and beliefs are interdependent.

This self examination will allow me to step back and try understand why the decisions I make and the problems I deal with on a day to day sass have occurred and how they collectively and not individually need to be modified or balanced to create a better “ system” . This word system as defined by Daft (33) meaner “ a set of interrelated parts that function as a whole to achieve a common purpose” . (()) Most importantly by understanding my introverted personality and reserved nature I am now able to see the influence it has on how I perceive and analyze all situations.

It is clear to me that this has had a negative impact on many of my goals and visions. I know that in order to progress I will need to make a concerted effort, when certain vents or situations arise, to overcome this perceived reluctance or hesitancy to interact more forcefully and enthusiastically. I do believe that this personality difference of introvert or extrovert, is not a separate entity, but is a spectrum. The trait of being an introvert can be modified or suppressed in certain situations.

This ability to change or overcome (with some effort) will then have a positive influence in helping me achieve my one goal of leadership. Given the above need for alterations in my introverted personality at times, I still feel that my inner strengths, belief and values will still not change and that I will need to charge and gain my energy through reflection and the need to be an analytical thinker. The next challenging synthesis and development I need to center on is my narrow and focused way of dealing with all tasks.

In order to develop a systems approach and not to be caught in a linear model of thinking, I the need to balance my focused and disciplined behavior patterns to a more open and superficial model. This will be important in order to see the interactions and dependence of all the aspects of the given situation. I need not to place each event or situation, whether in a work or Emily setting, in to separate silo's as I may loose the ability to see the " big picture". This ability is a very important optimization for me to become a better manager and leader.

My personal board of directors, especially the visionaries of Professor Tibias, Mr.. Gates and Mr.. Jobs will help me channel the narrow focus of analytical

thinking and exacting reasoning to a much broader and more diverse view about the matters at hand. I would not want to forgo my intellectual personal characteristic of thought, reason and critical thinking as it does fit well with my career choice within medicine of in vitro fertilization and robotic surgery. The focus needed in each of the two specialties cannot waiver even in situations of outside pressures and expectations.

That being said, to achieve a balance between my two divergent career aspirations of continuing in direct patient care and the desire to increase my leadership role both locally and nationally, will definitely be a very difficult task. Some of the possible decreased satisfaction I obtain from direct patient care, which is part of my inner core value of altruism and selflessness, would need to be replaced with his goal of leadership. This tradeoff cannot come at the expense or detriment of the job satisfaction that I attain in patient care.

I may find that this leadership role does not satisfy me enough to continue on the divergent paths of patient care and management. I do believe all of ones goals and aspirations are a moving target and at times may need to be reappraised and if necessary adjusted to fit overall life expectations. A further expansion in this examination of my personality traits will be to be the need to modify, at times, my desire for a scheduled, organized and methodical way of accomplishing my objectives whether in a work or family environment.

To paraphrase Daft “ an organism is not static, and must continuously adapt to shifts in the external environment” ((daft peg 8). In order to be a more successful individual, it is important that I be able to adapt or accept to other

ways of achieving the same desired endpoint. The need to be adaptable, open ended and spontaneous may decrease many of my life stress. This ability to be flexible, as long as it does not compromise my core values of responsibility and reliability, will make a team working environment ore fluid, cordial and less confrontational.

Even in this ability to adapt, I would never compromise my integrity in order to attain a set target. As my moral compass is a strong part of my values, I would not be content or feel that I had accomplished an objective if my personal values were modified or altered in order to satisfy someone else's intentions or desires. My parent's on my board of directors would almost certainly keep me from straying from this path of compassion and empathy. A eve important concept that I will need to learn and adapt to, is the need improve y interrupt competence in order to be able to direct and supervise a large group of people.

Even though my personality is very organized and methodical, this skill needs to be able to be transferred to an organizational level. I feel that I already have the analytical ability to be able to identify and solve problems as well as the emotional capability to not be overwhelmed by the responsibility of the position, but need the support and direction of my personal board of directors to master the ability to make difficult decisions at a interpersonal level without a felling of remorse r guilt.

These hard and sometimes emotional decisions, as difficult as they may be, will not affect my inner core value of affection and belief in others. The last part of this in-depth analysis of my personality and its influence on my

personal ambitions, behaviors and aspirations is to try and develop a balance between my all encompassing career goals and that of my family and recreational desires. In writing this paper, it reaffirmed my knowledge already known to me for many years, that my 70 hour work week has already had a major impact on my family.

The desire to add a leadership role to my career does mean, in order not to devastate my family and prevent me from continuing to pursue travel and teaching scuba diving, I will need to learn to manage and delegate some of the responsibility. This need to entrust to another person the responsibility to continue on a set pathway and to achieve a perfect outcome may be difficult at times as the core value of reliability is an important one to me. This being said, to have the time to regroup and continue on the pace I have set for myself, I have little choice but trust my instincts in the ability of others.