My Vision Board

Create a vision for your life by exploring short-term or long-term goals for each category to visually affirm your path to success.

PERSONAL	HEALTH
FAMILY	RELATIONSHIPS
CAREER	LIFESTYLE



When you think about your future as an optometrist, what comes to mind?

Location	Business Goals
Specialty	Salary & Benefits





Having a positive mindset is easier when you focus on your achievements.

List three achievements you are most proud:
Why do these make you proud?
vvriy do triese make you produ?
What additional achievements are you working toward?

Duffile Template
Use this information to build your resume and LinkedIn profile

resume and LinkedIn profile

NAME AND CREDENTIALS
HEADLINE
SUMMARY
EDUCATION
EXPERIENCE
ACHIEVEMENTS



SAMPLE:

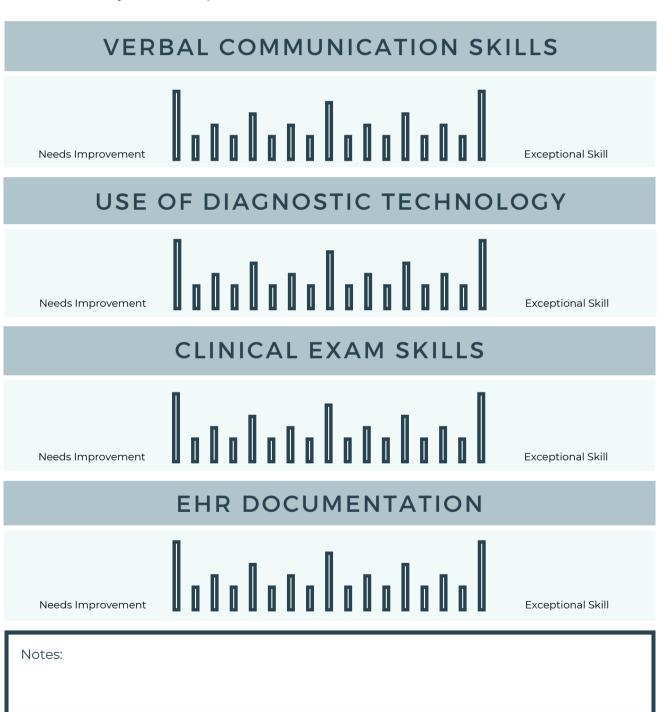
Dr. Optometrist is from Anytown, Anystate. They earned a B.S. in Biology from the University of Anystate and a Doctorate from the University of Anystate School of Optometry. Dr. Optometrist completed a fellowship in Ocular Disease Management at Prestigious Eye Institute.

Dr. Optometrist has a special interest in the treatment of ocular diseases, including glaucoma, cataracts, diabetic retinopathy, and dry eye management. They are a fellow in the American Academy of Optometry and a member of the American Optometric Association.

When not with patients, Dr. Optometrist can be found enjoying local restaurants cooking, yoga, and spending as much time outdoors as possible.	, traveling



Circle where you are now and put a star on where you would like to be. Make notes on how you can improve.





BILLING AND CODING

Needs Improvement

Exceptional Skill

OPTICAL/CL RECOMMENDATIONS

Needs Improvement



Exceptional Skill

MEDICAL RECOMMENDATIONS

Needs Improvement



Exceptional Skill

FINANCIAL ACUMEN

Needs Improvement



Exceptional Skill

Notes:



Your personal SWOT Analysis. Discover recommendations and strategies to overcome weaknesses and threats.

Strength	Weakness
Opportunity	Threat



What are your character strengths? Utilize these power words when describing yourself. Do you have any additional strengths?

Accuracy	Honest	Open Minded	Sociable
Creative	Trustworthy	Critical Thinker	Well-Organized
Determined	Optimistic	Focused	Problem Solver
Disciplined	Innovative	Respectful	Negotiator
Dedicated	Attentive	Results Driven	Reliable
Enthusiastic	Empathetic	Adaptable	Objective
Flexible	Dependable	Persistent	Progressive
Patient	Detail Oriented	Proactive	Controlled

List your top ten strengths.

Are there areas you need to develop?



Any character weaknesses? Reflect on how you can turn a weakness into a positive trait.

Describe your weakness.	How can this be perceived positively?
Describe your weakness.	How can this be perceived positively?
Describe your weakness.	How can this be perceived positively?

[&]quot;Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time." — Thomas A. Edison



When it comes to believing in yourself, what is holding you back?

Is there anything holding you back?	Where did this originate?

What can you do to mitigate this belief?

SMARTgoals

Set SMART goals for your career. Follow the SMART structure. Is the objective clearly stated? How will it be measured? Is it realistic? Does it make sense to you? Is there a specific timeline for completion?

SPECIFIC MFASURFABLE ATTAINABLE RELEVANT TIME-BASED

To Do List

It's important not to jump straight into applying to positions until you feel confident. Take the time to list your goals for your long-term career, prepare your resume and social platforms. Research locations you want to live in and begin applying to open positions. Prepare for your interviews by asking yourself personal questions and preparing a follow up note.

PREP	SEARCH & APPLY
Determine ideal position	Indeed
Create resume and profile	LinkedIn
Professional headshot	
	INTERVIEW
	INTERVIEW Research practice
	Research practice
	Research practice Dress professionally

Application Tracker

After you've identified potential roles, list the date you've applied to each position. Once you've interviewed add specific notes and follow up with the practice to thank them for the opportunity, express continued interest.

DATE APPLIED	PRACTICE	NOTES	INTERVIEW	FOLLOW UP	DONE
				•	
				•	
				•	•
			•	•	•



"Luck is what happens when preparation meets opportunity." - Seneca

Tell me about yourself.
Tell me about your training and education.
Tell me about any gaps in your training/areas of development.
Tell me about your clinical preferences.
Tell me about your ability to:

- Manage your time in the exam room.
- Utilize diagnostic technology.
- Make medical recommendations
- Make optical/CL recommendations.
- Bill and code appropriately.
- Read a profit and loss statement.
- Track production metrics.
- Market yourself.
- Interact positively with staff.



•	•	•
Tell	me about your idea of an exception	nal patient experience.
Tell	me what resources you need to be	successful.
Spe	eak to your interests in partnership/o	ownership.
Tell	me about your ideal work environn	nent.
Tell	me about your work style in a team	n/as an individual.
Tell	me about how you would handle a	patient who is upset.
Tell	me about how you resolve conflict.	





Name: Title: Company: Phone Number: Email: Name: Title: Company: Phone Number: Email: Name: Title: Company: Phone Number: Email: Name: Title: Company: Phone Number: Email:

Practice Comparison

	PRACTI	CE 1			
Name:	••••		. Note	es:	
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Email:	•••••	•••••			
Website:	•••••	•••••			
Health Insurance?	Paid Time O	ff? Retirem	ent? I	Parental Leave?	License
Salary?	Bonus?	Hours? Conti	nuing Ed?	Partnership?	Buy-In?
	PRACTI	CE 2			
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Phone:					
Email:		•••••			
Website:					
Health Insurance?	Paid Time Of	f? Retireme	nt? P	arental Leave?	License?
Salary?	Bonus?	Hours? Conti	nuing Ed?	Partnership?	Buy-In?

Practice Comparison

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Health Insurance?	Paid Time	e Off?	Retirement?	P	arental Leave?	License?
Salary?	Bonus?	Hours?	Continuir	ng Ed?	Partnership?	Buy-In?
	PRAC	TICE 4				
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Email:	•••••	••••••	•••••			
Website:		•••••	•••••			
Health Insurance?	Paid Time	Off?	Retirement?	Pa	rental Leave?	License?
Salary?	Bonus?	Hours?	Continuir	ıg Ed?	Partnership?	Buy-In?

PROS & CONS

	List the pros and cons of the opportunity you've been offered. This helps determine if this is the right decision for you!	pro	con
	2		
4	3		
	4		
	5		



Dreaming of starting your own practice? There are considerations to think about first.

are considerations to think about first.	courage to
BUSINESS PLAN	pursue them.
	MY WHY
	VISION OF MY OWN PRACTICE
PROS CONS	
FINANCIALS	
BUDGET LOAN INSTITUTIONS RATES	

66 All our

dreams can

come true, if we have the

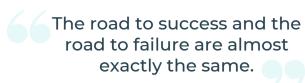


Keep track of all of the important contacts that you've met that you may need throughout your optometry career.

Name	Tammi Sufficool	Company	Williams Group
Email	tsufficool@thewilliamsway.com	Phone	402.454.7188
Address	Lincoln, Nebraska		
Notes	Optometry practice transitions	, consultir	ng, financials, start-ups
Name		Company	
Email		Phone	
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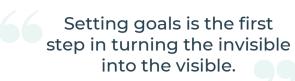




COLIN R. DAVIS

Focus	Challenges
Highlight	
	Improvement
To Do	





TONY ROBBINS

Focus			Challenges	_
Highlight				_
	- Im	nprovem	ent	
To Do	_			
	- - -			

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