Commensality Groups

Discussion Sample Question Set

Set 2:

1. To make your work optimally meaningful, what would you need to be doing differently?

2. Think about your best day at work in the past 3-4 weeks. Describe what were you doing.

3. What strategies do you use to recognize the blessings in your life and cultivate a sense of gratitude?

4. Think of a particularly meaningful patient encounter in the last month. What made this encounter so meaningful to you?

5. How do you keep your focus on the things that matter day-to-day despite all the distractions?