

Hello. I'm your inner voice. We're here today to put down some words about who you are as a scientist, but also as a living, experiencing, passionate and thoughtful being. Don't worry about capturing everything that's dashing around in your big noggin, or about the differences in what you are drawn toward today, versus last year, versus tomorrow. Just write it down *today*, strive to be imperfect, and listen to what emerges.

Date: _____

Part 1 – Interest mapping

1. What are your core interests and passions in your current field of science? In other fields? In life? Take 5 minutes and draw a mindmap here.
2. Of course you have a lot of interests, what a lovely map. Try circling and ranking the top 2-5 that you're *most* excited about today.
3. If you were the only person on Earth, with unlimited resources, which of these problems or topics would you work on?
4. Jot down any recurring ideas or questions you've been having lately.

Part 2 – Who are you?

5. What aspects of science do you enjoy the most?
6. What about life outside of science?
7. What moments helped you decide to become a scientist?
8. What does "thriving" look like for you, in your current academic position? In other words, what would be a fantastic workday, week, or month?
9. What are some of your core values, both as an academic and more broadly as a human?
10. Who or what scientific work do you admire? Why?

Part 3 – "What do you do?"

11. How would you verbally describe your research to someone you admire and would like to add to your professional network (e.g. you're meeting at a conference over coffee)?
12. How would you describe your research to a close friend or family member outside of academia?
13. How would you describe your research to an enthusiastic classroom (e.g. grades K-12, you pick)?
14. How would you describe your research to the general public (e.g. in a podcast or radio interview)?
15. How do these descriptions make you feel? Are they representative of what you want to be doing, and of your mindmap in Part 1?

Part 4 – Putting it in writing

I know, I know... "I've been writing this whole time, this is a written worksheet." Bear with me; I'm including these questions as a separate section because in my

experience, they *feel* different (harder to answer?) but I'm hoping that by going through the previous sections they'll feel easier now!

16. Quickly and casually summarize in a few sentences your overarching research "philosophy". Don't worry about making it perfect, but what are the first things that come up in your mind? **Who** are you as a scientist? What **drives you** to do the science you do and dream about doing?
17. Wow, inspiring. That was just for you, though. How would you tweak that for
 - a. The front page of your personal website?
 - b. The first few sentences of a grant proposal? Or an interview?
18. Bonus reflection question: What aspects of this worksheet were the hardest to answer? The most helpful? The most surprising?