

# TSM Guides: Activity Analysis Worksheet

For each activity that you participated in, write down what that activity meant to you.

## Activity:

### Before

What was your motivation for pursuing this activity?

### During

- What characteristics did you display during this activity?
- In what ways did you demonstrate leadership or teamwork?
- What challenges did you encounter, and how did you overcome those challenges?

### After

- What personal skills did you develop?
- What impact did this activity have on you?
- What impact did you have on the activity/organization?
- How does this activity relate to your future in medicine?