

CaRMS Supplementary Questions

Instructions: Please upload a one-page PDF document (maximum 500 words) with your answers to the following two (2) questions:

1. Please briefly describe your ideal residency program, and the objectives you are hoping to accomplish during your time in residency. (Max 250 words)
2. From the following list of traitsⁱ (see below/over), please choose only three (3) that you feel best align with your personal values, and provide a brief explanation (maximum 250 words)



<i>Accountability</i>	<i>Equality</i>	<i>Joy</i>	<i>Security</i>
<i>Achievement</i>	<i>Ethics</i>	<i>Justice</i>	<i>Self-discipline</i>
<i>Adaptability</i>	<i>Excellence</i>	<i>Kindness</i>	<i>Self-expression</i>
<i>Adventure</i>	<i>Fairness</i>	<i>Knowledge</i>	<i>Self-respect</i>
<i>Altruism</i>	<i>Faith</i>	<i>Leadership</i>	<i>Serenity</i>
<i>Ambition</i>	<i>Family</i>	<i>Learning</i>	<i>Service</i>
<i>Authenticity</i>	<i>Financial stability</i>	<i>Legacy</i>	<i>Simplicity</i>
<i>Balance</i>	<i>Forgiveness</i>	<i>Leisure</i>	<i>Spirituality</i>
<i>Beauty</i>	<i>Freedom</i>	<i>Love</i>	<i>Sportsmanship</i>
<i>Being the best</i>	<i>Friendship</i>	<i>Loyalty</i>	<i>Stewardship</i>
<i>Belonging</i>	<i>Fun</i>	<i>Making a difference</i>	<i>Success</i>
<i>Career</i>	<i>Future generations</i>	<i>Nature</i>	<i>Teamwork</i>
<i>Caring</i>	<i>Generosity</i>	<i>Openness</i>	<i>Thrift</i>
<i>Collaboration</i>	<i>Giving back</i>	<i>Optimism</i>	<i>Time</i>
<i>Commitment</i>	<i>Grace</i>	<i>Order</i>	<i>Tradition</i>
<i>Community</i>	<i>Gratitude</i>	<i>Parenting</i>	<i>Travel</i>
<i>Compassion</i>	<i>Growth</i>	<i>Patience</i>	<i>Trust</i>
<i>Competence</i>	<i>Harmony</i>	<i>Patriotism</i>	<i>Truth</i>
<i>Confidence</i>	<i>Health</i>	<i>Peace</i>	<i>Understanding</i>
<i>Connection</i>	<i>Home</i>	<i>Perseverance</i>	<i>Uniqueness</i>
<i>Contentment</i>	<i>Honesty</i>	<i>Personal fulfillment</i>	<i>Usefulness</i>
<i>Contribution</i>	<i>Hope</i>	<i>Power</i>	<i>Vision</i>
<i>Cooperation</i>	<i>Humility</i>	<i>Pride</i>	<i>Vulnerability</i>
<i>Courage</i>	<i>Humour</i>	<i>Recognition</i>	<i>Wealth</i>
<i>Creativity</i>	<i>Inclusion</i>	<i>Reliability</i>	<i>Well-being</i>
<i>Curiosity</i>	<i>Independence</i>	<i>Resourcefulness</i>	<i>Wholeheartedness</i>
<i>Dignity</i>	<i>Initiative</i>	<i>Respect</i>	<i>Wisdom</i>
<i>Diversity</i>	<i>Integrity</i>	<i>Responsibility</i>	
<i>Environment</i>	<i>Intuition</i>	<i>Risk-taking</i>	
<i>Efficiency</i>	<i>Job security</i>	<i>Safety</i>	

Reminder: the task is to pick only **three** values that are the most important to you.

ⁱ adapted from <https://brenebrown.com/resources/dare-to-lead-list-of-values/>