

# Sonography Journaling Prompts

As a sonographer, you have a keen eye for detail and play a key role in solving complex cases by providing critical insights that guide a patient's care. This October, as we celebrate Medical Ultrasound Awareness Month, take a few moments for yourself with this guided journaling activity designed just for you.

## Instructions

Browse the list of questions below. Each question is designed to reflect your unique journey as a sonographer. In the space provided, take 5-10 minutes to write what comes to mind. You can keep your answers private, share with a colleague, or use these prompts to engage with other team members.



1. Who or what inspired you to become a sonographer?
2. How do you feel your work impacts patient outcomes?
3. How do you stay sharp and "on the case" with the latest technology?
4. What's one skill or modality you'd love to become more proficient in?
5. Describe a time when teamwork helped solve a tough scan or patient situation?
6. Who on your team do you admire and why?
7. How do you keep a calm and focused mindset when a scan gets complicated?
8. How does it make you feel when you play a role in "solving a case" for patients?
9. What's one thing you're grateful for in your career?
10. If you could give one piece of advice to someone new to sonography, what would you say?