

## Chapter 3 Activity 2

### Continued Development Plan

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Plan Area:

The purpose of this activity is to guide your efforts in identifying areas in which you would like to enhance your personal or professional development. You can use this document to create a plan with goals across a variety of focus areas, or you can create individual plan documents, each with their own specific focus area (e.g., self-care, research and writing, advanced clinical and supervision skills). In the "Plan Area" row, indicate the main focus area for your plan, or leave it blank if your plan will contain goals across a variety of focus areas. In the "Goal" row, note personal or professional goals for yourself that you or a supervisor or mentor identified. Use the "Actions" column to list the specific actions that you will need to take to meet the goal. You will likely have several actions or tasks for each goal. In the "People & Resources" column, list resources or individuals who can help you carry out the actions to meet the goal. If you do not have items for this column yet, add them as you get started with your actions.

Goal:

Actions

Possible People & Resources

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Actions

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