

# PLANNING FORM

## SELF-STUDY PROCESS (STEP 3)



**Purpose:** This form is intended to support you in developing a focused, intentional plan based on your reflection. Use it to organize ideas before moving into the action stage. Take this opportunity to think through your next steps with clarity and purpose.

**Instructions:** Review your completed **Reflection Form**. Based on your insights, use this form to define a goal and think through how you'll begin to move forward.

**Draft a goal:** Based on the specific area or practice you would like to strengthen, write a goal that is as specific and measurable as possible.

**Tip:** Consider refining this goal using the SMART Goal tool.

**Getting started:** List a few ideas for how to start working toward the goal.

**Resources:** Think about what is needed.

**Evidence:** How will you know your plan is working? Describe 1-2 examples that you will look for as you start the process?

Provider Name: \_\_\_\_\_ Date: \_\_\_\_\_

Great work thinking through a plan. The next step is to create a specific goal. Look for the "Goal Setting Form" document to help formulate a SMART goal.