

# Department of Anesthesiology Individualized Development Plan

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

Mentor \_\_\_\_\_

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## Professional Goals

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(Be *S.M.A.R.T.* Specific, measurable, actionable, reasonable, time bound)

Outline your <u>broad</u> professional goals	Outline your action plan for each goal	Outline anticipated Challenges for each goal	State Timeline (Start by date, Achieve by date)

## Department of Anesthesiology Individualized Development Plan

<b>Outline your <u>broad</u> professional goals</b>	<b>Outline your action plan for each goal</b>	<b>Outline anticipated Challenges for each goal</b>	<b>State specific time line (start by date, achieve by date)</b>

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### Personal Goals

Plan to create life/work balance

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What is your top priority?	
What personal skills would you like to develop (leadership, networking, communication etc.)	
What life changes do you want to make?	
How do you plan to allocate your time in terms of work and life responsibilities?	

### Additional Comments

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