

REFLECTION WORKSHEET & DEVELOPMENT PLAN

Purpose: To identify professional development priorities and create a focus for growth and learning as a leader.

Activity: After watching this module's video and completing its exercises, consider the questions below related to your growth and development.

Your Name: _____ Today's Date _____

**I have a role as a contributor and leader in my daily life and work.
I can increase my potential and will intentionally make progress by developing my abilities.**

1. In this module, I was struck by... I learned... or I understood in a new way...

2. In thinking about my own development, what takeaways from this module will I commit to using?
Because I believe...

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3. I see this as a growth opportunity for me as a leader because...

4. By implementing and practicing this learning, I believe I/our organization will be better able to...

5. Working on this will be a challenge for me because...

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6. I will measure my own progress by...

7. When I am successful, I will feel...

I will review this list again quarterly to hold myself accountable for increasing my awareness, assessing my progress and reflecting on where I have improved and where I have a need or desire to grow more.

(Establish quarterly review dates below and calendar them as well to revisit your progress and success)

Quarter 1 review date: _____

Quarter 2 review date: _____

Quarter 3 review date: _____

Quarter 4 review date: _____

Thank you to Jill Blair, Strategy & Organizational Consultant, for permission to adapt this tool.