Individual Professional Development Plan (IDP) Part 2

Modified from IDP developed by Indiana University Office of Women’s Affairs and Indiana University School of Medicine Leadership in Academic Medicine Program.

**Self-reflection Components of IDP**

**DO NOT SHARE**

*(sessions V to VII are optional for your personal use, not for sharing )*

**V: Values, Passions and Vision**

What thoughts do you have about what you are meant to do with your professional life?

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| **Values** | *List the 3 or 4 values that are core elements in your life* |
| **Passions** | *Write a few brief sentences or phrases that articulate your professional and personal passions. When are you energized?* |
| **Vision**  **What will be your legacy?** | *Describe your personal vision that captures the meaningful direction that you want to take. What does your ideal day look like 5 years from now?*  *What professional legacy do you want to leave?* |

**VI: Strengths and Challenges**

Strengths: Think about those areas of strength that you know to be true about yourself. What have others appreciated about you? When did you feel so immersed in a project that you lost track of time? When have you felt success in the process of the activity you are involved in?

Challenges: Look hard at those areas that are continually challenging for you. What have others commented that you need to work on?

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| **Strengths** | **Challenges** |
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**VI: Work-life integration**

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| **Values** | *List the values that are core elements of how you integrate your professional and personal life* |
| **Goals and aspirations** | *What are your goals for work-life integration* |
| **Challenges and resources** | *What are the main challenges and barriers for life-work integration?*  *What are the resources you have and those that you might need?*  *Who are your mentors, friends, role models that you rely upon for achieving your goals for life-work integration?* |