| The [Implementation Support Practitioner Core Competencies](https://implementation.fpg.unc.edu/resource/implementation-support-practitioner-core-competencies/) outlines the skills and competencies needed to build the capacity of practitioners and communities to effectively use interventions and evidence to improve outcomes. Before completing this planning document make sure you also complete the [ISP Core Competency Self-Assessment.](https://implementation.fpg.unc.edu/resource/tool-implementation-support-practitioner-core-competencies-self-assessment-goal-setting-kit/) |
| --- |

**Name: Date:**

**Step 1: Identify two (2) core competencies that you feel are a strength for you and two (2) that you feel are an area of growth. What evidence or justification do you have based on this reflection?**

*Strength:*

1.

2.

What examples can you provide that demonstrate your strengths?

*Growth:*

1.

2.

What examples can you provide that would indicate the identified areas for growth?

**Step 2: Define two SMART goals that you would like to set regarding your knowledge and use of the ISP Core Competencies based on your areas of needed growth. (Specific, Measurable, Attainable, Relevant, Time-based)**

*Goal 1:*

*Goal 2:*

**Step 3: Complete the following reflection questions.**

1. How might you share your strengths with your team? In what ways is this addressed in your goals?
2. What supports do you need to improve upon your area of growth?
3. How can you leverage your strengths to make even greater progress in areas where growth is needed?

**Step 4: Based on your reflections and goals, what are you going to:**

| Start Doing  | Stop Doing |
| --- | --- |
|  |  |
| Continue Doing |
|  |

1. Accountability Partner - Who is going to assist you in keeping on track with your personal goals?
2. When are you going to revisit this plan? Create a task on your calendar to do so.