

Self-assessment

Start by thinking through your existing strengths and development areas. What are you really good at? Where could you improve? This will help you figure out what to target. Look at past performance reviews for inspiration, or reach out to the people you work with closely for feedback.

Strengths

Strength	Details or examples

Growth areas

Growth area	Details or examples

Goals

Choose SMART goals for your growth: they should be **S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime-bound. Keep the number of goals low and track opportunities that will help you achieve the goals you set. If you're not sure where to start, look at your growth areas from the previous section.

Goal	Success measures	Opportunities	Support needed	Last updated

Links

- Job profile
- Peer feedback
- Manager feedback