

My overall professional wellness goal is: _____

Recognizing that it may be easier to work on this goal one step at a time, my SPECIFIC PLAN for this week is to (select 1 or more options):

- Schedule an appointment with my departmental or scholarship mentor
- Update my CV
- Identify a colleague to collaborate with me on a scholarly product
- Try using the "Pomodoro Method" to increase productivity
- Watch presentation(s) from the Professional Development Seminar Series
- Watch presentation(s) from the Educational Development Certificate Series
- Join a professional organization
- Volunteer for a committee in my professional organization
- Join a professional development group within the institution (e.g., Women in Medicine & Science)
- Apply to attend a career development/leadership conference
- Apply for a Faculty Enhancement Opportunity grant for a professional development activity (course, collaboration, etc.)
- Explore resources available from the CTSI
- Explore resources available from the Office of Faculty Affairs & Professional Development
- Review UFCOM Promotion & Tenure Guidelines to determine whether I am on track
- Open my UF Promotion Packet (in MyUFL) and enter presentations, publications, and honors
- Schedule a meeting with my Chair/Chief to discuss career goals and FTE assignment
- Other: _____

The 3 most important reasons I want to make this change are:

- 1.
- 2.
- 3.

I have checked the UF Wellness Programs Resources tab to identify programs/services that may help me.

- Yes No

Some resources I have available to assist me with this goal (e.g., class, free program/service, supportive partner, health care professional, commercial product/service) are:

I will review my progress toward this goal on: ____ / ____ / _____

Signature: _____