

# Step 1: Professional Self-Reflection

*This first step in creating your Professional Development Portfolio begins with reflection on your professional interests. It is designed to assist you in developing professional learning goals and evaluating learning needs regardless of your current area of practice. At the conclusion of the reflection process, you will identify several short-term and long-term goals.*

**What are my current professional interests?** (e.g., pediatric nutrition, public health, management, sales/marketing, performance improvement, wellness)

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**Within my area(s) of professional interest, what roles or responsibilities have I enjoyed or would I like to perform in the future?** (e.g., consult, negotiate contracts, develop educational materials, conduct training sessions, write care plans, conduct research, develop budgets, keep current on issues, volunteer)

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**What external factors or trends (professional, societal, environmental) are affecting or will affect my areas of professional interest?** (e.g., changes taking place in health care, community outreach efforts, payor demands for documented outcomes, lifestyle changes, family demands)

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**What areas of my profession do I enjoy?** (e.g., personal interests related to professional growth, public speaking, writing, working with people)

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**In what leadership roles have I participated?** (e.g., planning a continuing professional education seminar, chairing National Nutrition Month activities, leading a hospital team, managing a statewide public relations program, communicating current nutrition developments as a media spokesperson, serving as an elected officer or appointed committee chair)

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**What do I want my future practice area to be?** (e.g., pediatric nutrition, public health, management, sales/marketing, performance improvement, wellness)

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**What are my professional strengths?**  
(may be based on feedback from peers, results of peer review, past performance evaluations, customer feedback)

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**What are my professional areas for improvement?**  
(may be based on feedback from peers, results of peer review, past performance evaluations, customer feedback)

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When determining your goals, review the information about yourself and your practice that you recorded on pages 1-3.

**What are my professional and learning goals? What do I want to do, and what do I need to learn in order to do that?** (e.g., stay abreast of current developments in nutrition, maintain expertise in nutrition support, consult for long term care, write for consumer publications, establish Quality Improvement policies and programs, obtain Masters in Public Health Degree)

**Short Term: (1 - 3 years)**

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**Long Term: (3 - 5 years)**

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