For a circuit such as the following:

In order to plot $R_{in}$, run an AC simulation and plot $V(in)/I(C1)$. At mid-band frequencies, $V(in)$ is the same as the voltage at the transistor base and $I(C1)$ is the input current. Plot it in dB (same as dBΩ).

In order to plot $R_{out}$, it is easiest to make a copy of your original schematic and edit it by removing the input source (grounding it), removing the load resistor and replacing it with your $R_{out}$ test voltage source, as shown in the following:

In order to plot $R_{out}$, run an AC simulation and plot $V(out)/I(C2)$. $V(Vout)$ is the output test source voltage and $I(C2)$ is the current going into the output node. Plot it in dB (same as dBΩ).