



## Personal Development Plan – The Start to A New You

### Step #1 – Put a Few Goals into Play

Important goals that I want to achieve:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

### Step #2 – Make Some Priorities

Out of all the goals I wrote down, this one (or two) is/are the most important to me:

1. \_\_\_\_\_
2. \_\_\_\_\_

### Step #3 – Create Deadlines

How long will it take me to achieve these goals?

1. \_\_\_\_\_
2. \_\_\_\_\_

I commit 100% to achieve this goal:  Yes  No

The reward I will give to myself once I achieve this goal: \_\_\_\_\_



## Step #4 – Understand Your Strengths

Strengths that I have:

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Which of those strengths were **misinterpreted** as weaknesses, initially?

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## Step #5 – Development of Opportunities and Threats

What are some **weaknesses**, or opportunities for growth?

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I commit 100% to start improving on these weaknesses:  Yes  No

What are some potential threats?

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I commit 100% to stop doing these threats:  Yes  No



## Step #6 – Get the “Feet Moving”

Which actions do I need to take to achieve my goals?

Action 1: \_\_\_\_\_

Action 2: \_\_\_\_\_

Action 3: \_\_\_\_\_

Action 4: \_\_\_\_\_

Action 5: \_\_\_\_\_

## Step #7 – Get Support

Who can help me to achieve this goal faster?

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## Step #8 – Follow Up on Your Progress

| What’s working well (my accomplishments)? | What do I need to change (improve)? |
|---|-------------------------------------|
|   |                                     |

