

Name:

Date:

Personal Development Plan



Goals - 1 Month

- 1.
- 2.
- 3.

Goals - 6 Months

- 1.
- 2.
- 3.

Goals - 3 Years

- 1.
- 2.
- 3.

10 Year Goal

- 1.

Projects

- 1.
- 2.
- 3.
- 4.
- 5.

Skills Development

- 1.
- 2.
- 3.
- 4.
- 5.

Books/Podcasts/Docos

- 1.
- 2.
- 3.
- 4.

AM Routine

- ___ AM - Wake
- ___ AM
- ___ AM
- ___ AM
- ___ AM
- ___ AM

PM Routine

- ___ PM
- ___ PM
- ___ PM
- ___ PM
- ___ PM
- ___ PM - Sleep

Affirmations

- 3 Things I am good at:
-
-
-
- 3 Things I love about myself:
-
-
-
- 3 Things I am grateful for:
-
-
-

Set realistic goals for the time frame. Realistic goals are key to success. Believe you can achieve them. Do your best. You got this. Look up the SMART goal system for helping setting goals.

Identify projects around the community, home, car etc. you want to achieve. List any skills you want to develop eg. playing guitar, cooking, learning a language. List 4 books etc. you wish to complete.

Set a start & end of day routine. Hold yourself accountable but be respectful that things can change. Balance is key. Define your wake/sleep times for work days. Affirmations are positive statements to foster positive self-belief & change the way you think.