

No.	Aspect of Personal Development	Description	Example Activities
1	Self-Awareness	Understanding one's own strengths, weaknesses, emotions, values, and motivations.	Journaling, personality assessments
2	Skill Development	Enhancing one's abilities, knowledge, and expertise to improve personal and professional performance.	Training, workshops, online courses
3	Goal Setting	Establishing clear, achievable, and meaningful objectives for personal and professional growth.	SMART goal setting, vision boards



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