

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
- __ AM

PM Routine

- __ PM
- __ PM
- __ PM
- __ PM
- __ PM
- __ PM
- __ PM - Sleep

Affirmations

- 3 things I am grateful for
-
-
-
- 3 things I love about myself
-
-
-
- 3 things I am grateful for
-
-
-

Set realistic goals for the time frame. Realistic goals are ones to achieve. Believe you can achieve them. Use 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 want to complete.

Set a start & end of day routine. Hold yourself accountable but be responsible that things can change. Balance is key. Utilise your waterways times for work days. Affirmations are positive statements to foster positive self talk & change the way you think.

Reflector Personal Development Plan

VM Jensen



Reflector Personal Development Plan:

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