

POTENTIAL

PERSONAL GROWTH ACTION PLAN

When you are on a journey into self development, it is useful to be able to collect some key areas about you, your goals and your needs in one place. Often, by recording these and then reviewing them after a period of time, e.g. weeks or months, you can start to see the progress you are making and update your goals. You can use this as a general guide, updating with key information that is important to you.



Name:

Date I started this stage of my personal development:

My Values:

My Life Affirming Beliefs:



Goals (Include starting and ending scores)

Recap of goals I want to achieve:

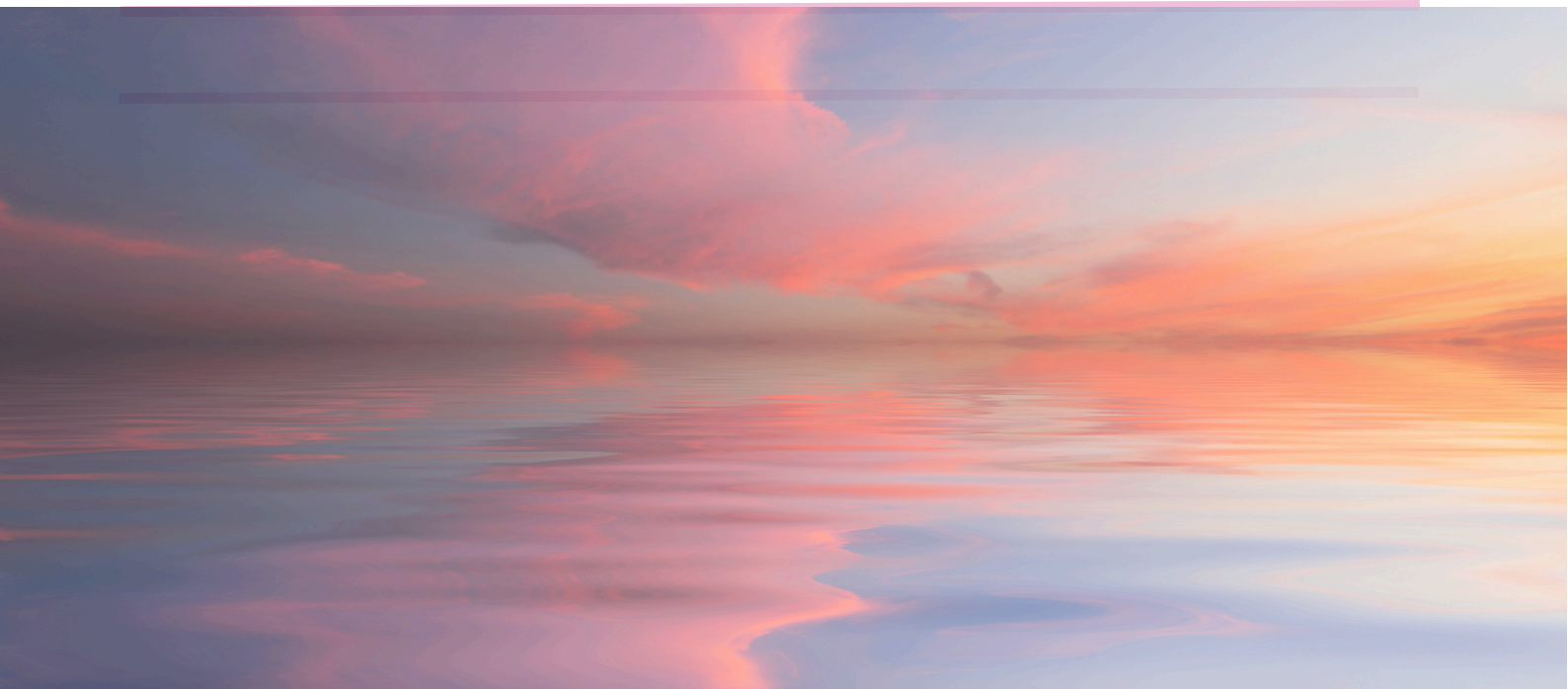
- Career and work based goals
- Family & Friends relationships
- Intimate relationship with significant other
- Contribution/Community – giving back
- Personal self development – “Me Time” pursuing personal hobbies/interests
- Wellbeing - Fitness/health
- Fun/travel - Adventure
- Financial security

Write out goal and timeline, who will help me achieve this or stay on track, when will I know I have achieved it?

TOOLS AND STRATEGIES

List of tools and strategies I have tried out this chapter:

The tools or strategies I found most helpful and will use in my day to day life:



MAINTENANCE

Things that keep me well: List of daily, weekly, monthly or yearly activities, habits and activities:

How I am when I am coping well: List of higher self-words



Signs I am not coping well: List of signs and lower self-words

Triggers: Things to avoid, or keep an eye on when I am feeling vulnerable/low...

Who do I want to help me and how...



Have I told them this?

Any final thoughts?