

# *Personal Development*

- Self-Reflect
- Set Goals
- Track Progress
- Succeed

# Yearly Goals Quarterly & Monthly Breakout

Year \_\_\_\_\_

Q1	January	February	March
Q2	April	May	June
Q3	July	August	September
Q4	October	November	December



# Areas for Growth

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I struggle with ...

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I'd like to learn ...

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*"As my awareness increases, my control over my own being increases."*

*- William Schutz*

I want to become ...

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I want to improve ...

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# Development Goals

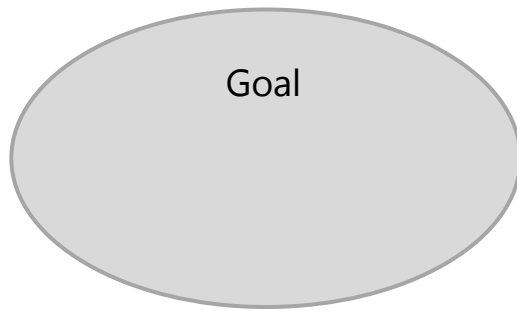
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Areas for Growth	Opportunity	Goal
What part of your life can you improve?	What is the outcome of improving this area?	How will you achieve this outcome?
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Aspiration	Opportunity	Goal
What do you want to do or become?	What personal fulfillment will this provide?	How will you achieve this aspiration?
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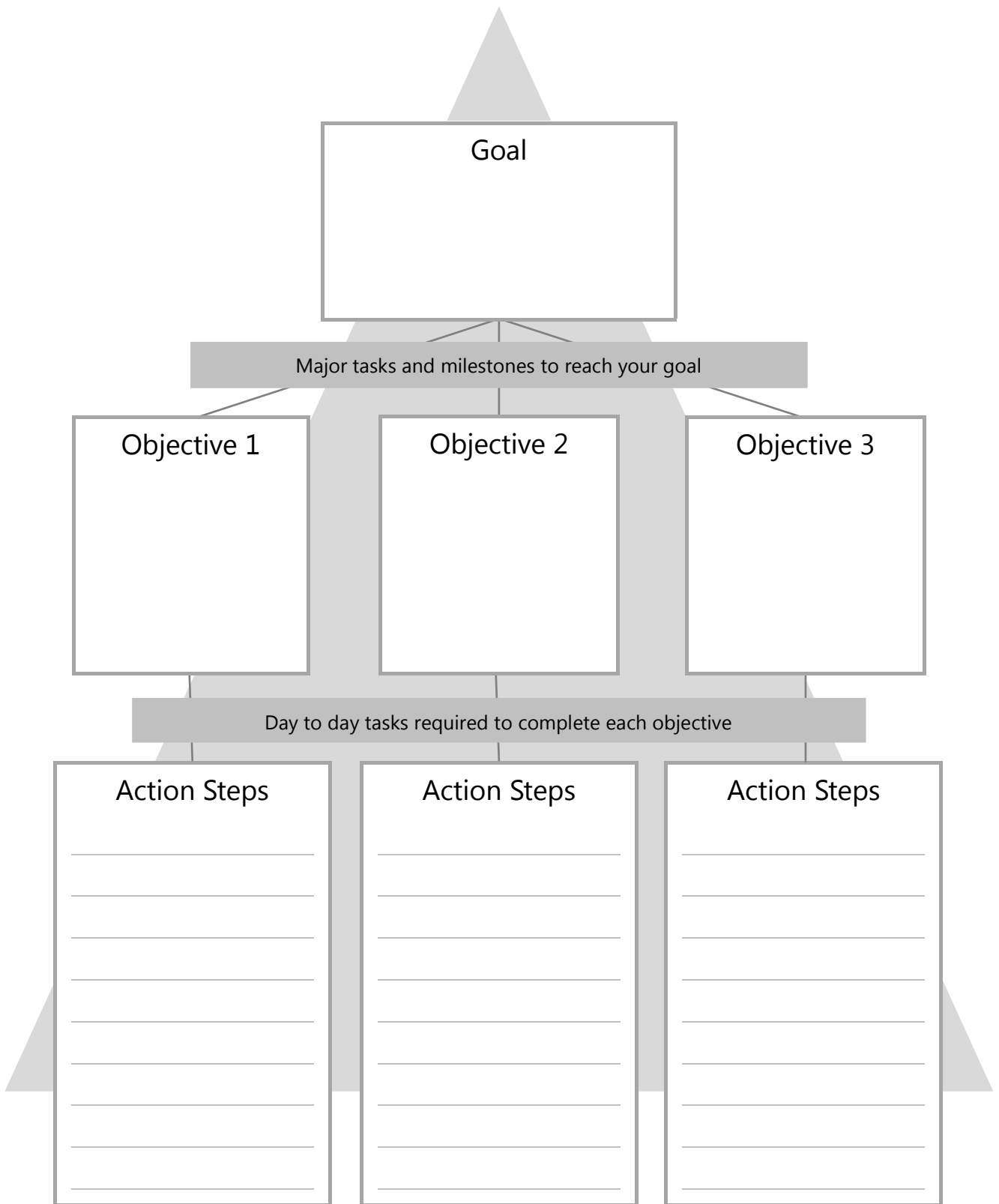
# Mind Map

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# Goal Pyramid

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# Goal Outline

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Goal

Objectives

*(Major tasks & milestones to reach your goal)*

1.

2.

3.

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Category

Start Date

Deadline

Incentive

Motivation

Action Steps

*(Day to day tasks required to complete each objective)*

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Due Date

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Resources

*(People, information, etc. that could help you succeed)*

Potential Obstacles

*(What hurdles may hinder your progress?)*



# Monthly Reflection

J F M A M J J A S O N D

What went well?

What didn't work?

What changes have you noticed in yourself?

What did you learn this month?

What will you do differently next month?

## Action Steps

Completed

In-Progress

Next Month

Completed	In-Progress	Next Month

# Goal Catalog

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Goal:



Category

Priority

Start Date

Deadline

Highlights:

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Goal:



Category

Priority

Start Date

Deadline

Highlights:

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Goal:



Category

Priority

Start Date

Deadline

Highlights:

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Goal:



Category

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Start Date

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Start Date

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Highlights:

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Goal:



Category

Priority

Start Date

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Highlights:

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# Record of Resilience

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Bad Thing That Happened	My Reaction	Lesson Learned