

development plan.

Overview

Welcome to your Personal development plan, the heart of your personal development process. Regardless of your objectives or timeline, your development plan contains the four components we use to guide us on the journey to successfully achieving your goals. These are:

1. Client Profile
2. Objectives
3. Methods
4. Progress

Your Personal Development Plan is designed to help you organize, evaluate, and structure various characteristics, strengths, and goals along your personal journey. PDP's are wonderful clarification tools for helping developmentally minded individuals achieve deep, personal satisfaction.

A PDP should be completed every 1-3 years and should always end in clear action steps rather than general ideas.

development plan.

Projects

Development Plan — Personal



development plan. Coaching Plan.

Coaching Term:

Meeting Frequency:

Primary Concerns:

Metrics + Milestones:

Add-On:

development plan. Routine.

Personal Mission Statement:

Personal Vision Statement:

Where will I be in 1 Year, Personally?:

Where will I be in 1 Year, Professionally?:

Where will I be in 10 Years, Personally?:

Where will I be in 10 Years, Professionally?:

development plan. Accountability plan.

Daily Mindfulness Task:

Daily Growth Habit:

Weekly Reflection:

Monthly Progress Check:

development plan. Progress plan.

Progress Tracker:

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development plan. Progress plan.

This line plot is used to identify the domains and dimensions this development plan measures. The solid middle line represents "Neutral", "Middle", or "Average", and hatches towards the positive and negative signs indicate capability, capacity, or current status.

development plan. Methods.

Objective:

Evaluate:

Analyze:

Act:

Synthesize:

Resources:

The How Cycle: Evaluation, Exploration, Action, Feedback

development plan. Methods.

Objective:

Evaluate:

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The How Cycle: Evaluation, Exploration, Action, Feedback

development plan. Objectives plan.

Objective:

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development plan. Objectives plan.

Short Term Objective:

Mid Term Objective:

Long Term Objective:

Growth Habit:

Habit:

development plan. Client Profile plan.

Methods Instructions:

- Evaluate/Visualize:** When we set an objective, we should first imagine ourselves in that state. This is a constant task and the mental imagery should be updated regularly. Start with a 2 minute visualization task and record your findings in the Evaluation box.
- Analyze/Research:** This critical thinking section focuses on the personal and environment dynamics an individual should be aware of regarding their selected objective. This task should be thorough, but brief, as analysis paralysis can quickly take hold.
- Act:** The longest and most frequently used section, Actions should be prioritized over Analysis. In the Action phase, the idea is to constantly generate momentum through efforts contribute to achieving one's desired objective.
- Synthesize:** Also known as Feedback, the Synthesis section takes the results of the Action and compares against the Evaluation - Analysis stages.
- Resources - (+):** In order to accomplish objectives, appropriate resources must be identified. "+" indicates those resources already in possession or easy access and "-" indicates resources not yet possessed or difficult to access. Resources include knowledge, certificates, capital, and relationships, among others.

development plan. Client Profile plan.

Self-Awareness	∞
Self-Knowledge	∞
Emotional IQ	∞
Alternate	∞

development plan. Client Profile plan.

Self-Awareness	∞
Self-Knowledge	∞
Emotional IQ	∞
Alternate	∞

development plan. Client Profile plan.

Personal:

Professional:

SUCCESS

development plan. Client Profile plan.

Personal Mission Statement:

Professional Mission Statement:

Where will I be in 1 Year, Personally?:

Where will I be in 1 Year, Professionally?:

Personal Vision Statement:

Professional Vision Statement:

Where will I be in 10 Years, Personally?:

Where will I be in 10 Years, Professionally?:

development plan. Client Profile plan.

Cognitive: Immediate Memory, Visuospatial, Attention, Language, Delayed Memory, Reading

Emotional:

Professional:

Socio-organizational:

Time Spent: 24 hours week, 40 hours working, 56 hours studying, 10 hours commuting

