

MINI PERSONAL DEVELOPMENT PLAN WORKSHEET

Personal development is not just a term that is constantly used by managers and important people. It is a crucial part of life to concentrate on if you want to grow as a human being and get better at things.

A personal development plan can be short or very long. In this guide you'll get two basic parts of a personal development plan that have helped me the most.

For a full personal development plan outline you can check out my "How to get your life together" workbook guide.

ABOUT GOAL SETTING

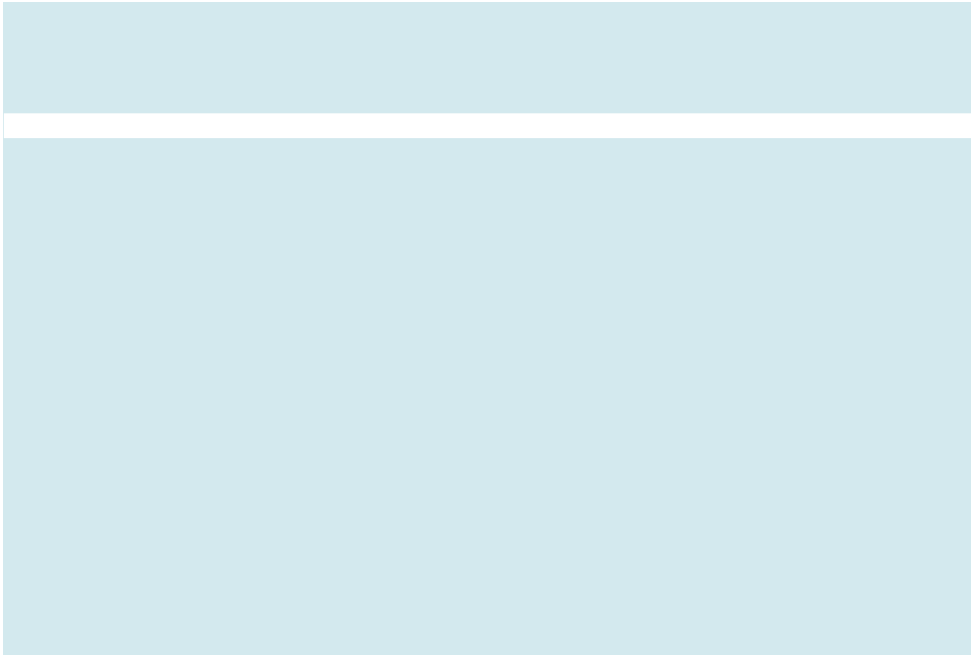
One thing we always hear but find hard to put into practice is "Only have one goal you put all your work into!" And while nobody is perfect at putting this into practice, this advice is absolutely true. Don't get sidetracked by other things.

One of the big things I'll always recommend is to make a list of habits to start and to stop. With that knowledge you can replace habit after habit and save yourself stress. We don't give habits the credit they deserve for balancing us out!

My last tip with goal setting is to review the work on your goal every week. Sometimes we have slow weeks or life gets in the way. Keep track of it! If you need a Weekly Review cheat sheet check out the freebie library.

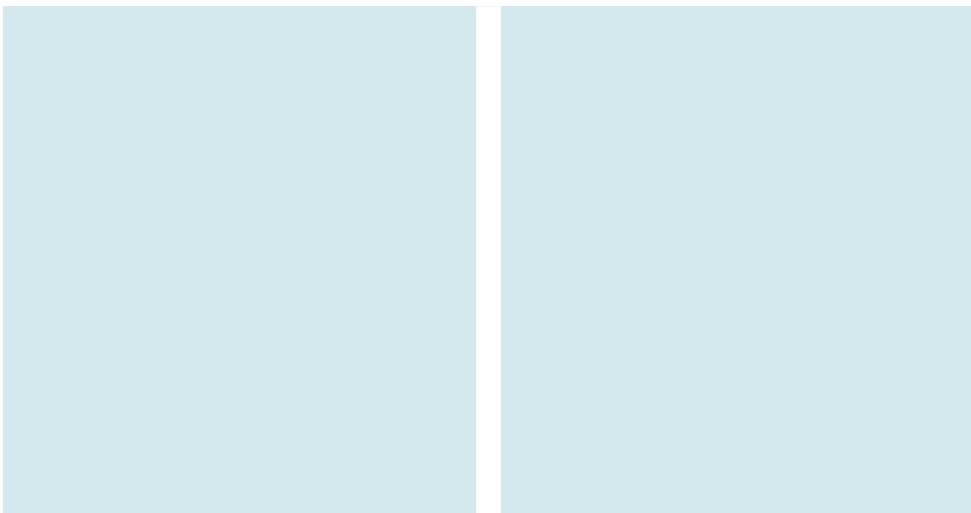
GOAL & ACTION STEPS

What is your current main goal? What are the biggest steps you can take towards it right now?



HABITS TO STOP/START

A big part of working on your goals is to ban bad habits from your life. Which ones do you wanna stop & start?



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A WORKBOOK GUIDE on

HOW TO GET YOUR LIFE TOGETHER

You feel stuck in your life? Your days feel either too boring or too stressful and you don't know where to start fixing your life?

I have created an entire workbook just for you. My workbook will work you through getting clear on your goals and getting back on track in life again:

[CHECK IT OUT](#)



PS: There is a full personal development plan in there