

PERSONAL DEVELOPMENT *WORKBOOK*



by
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PLANNING WORKBOOK

WHY PERSONAL DEVELOPMENT PLAN?

This workbook is designed to help you note down some key elements to help you with your development journey.

Your development journey would cover many aspects of your life including mental, emotional, physical, spiritual, and social growth.

The workbook aims to help you assess where you are now and what you plan to work on and develop over the next few months. Personal development is a journey, and it is not supposed to stop. As you grow and develop you continue to work on other aspects of your development, you should continue to seek growth and further understanding continuously.

You just need to have a pen(s) and an open honest mindset with a willingness to grow.

AGNES WANJA

Coach, Author, Speaker

PERSONAL DEVELOPMENT PLAN

MY CURRENT THOUGHTS ON THE FOLLOWING AREAS OF MY LIFE?

| | | | |
|-----------------------|--|-----------------------------|--|
| PERSONAL LIFE | | FAMILY LIFE | |
| WORK/STUDIES | | HEALTH/FITNESS | |
| FINANCES | | EMOTIONAL | |
| SPIRITUAL | | FRIENDS | |
| THINGS I ENJOY | | THINGS I DON'T ENJOY | |

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WHAT WOULD I LIKE THESE AREAS OF MY LIFE TO LOOK LIKE?

| | | | |
|----------------|--|----------------------|--|
| PERSONAL LIFE | | FAMILY LIFE | |
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TOP THREE AREAS I CHOOSE TO WORK ON FOR THE NEXT THREE TO SIX MONTHS

| AREAS TO WORK ON | ACTION TO BE TAKEN | COMPLETED BY (DATE) | OUTCOME |
|----------------------|--------------------|---------------------|---------|
| <input type="text"/> | | | |
| <input type="text"/> | | | |
| <input type="text"/> | | | |

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CHOOSE TO COMMIT TO YOUR GOALS.

For assistance with this or for more support visit www.AgnesWanja.com