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| Life areas you want to improve upon? | The below personal development plan template can be applied to any area of your life including Business / Career / Health / Relationships / Finances etc. |
| What are my current results in this area of my life? | |
| What do I really want to have or create in this area of my life? | |
| Why do I want this end result? What is my intrinsic motivation to do this? How will I feel if I achieve my end result? | |
| What are my natural strenghts, talents, skills, knowledge, habits that will aid me in achieving this desired end result? | |
| What additional knowledge, skills, self discipline, habits, newer relationships and resources will I need to develop in order to achieve my desired end result? Am I willing to develop these newer attributes? | |
| What are my core beliefs towards the achievement of my desired end result? Do I believe I can do this? If not, what are the negative beliefs that are blocking my way? Is there any truth in my negative limiting beliefs or they are just beliefs that I developed based on some past life experiences? | |

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| What past life experiences developed these negative limiting beliefs in me? (Note: Once you have listed down the events that contributed to your negative beliefs, then you can use some personal development tool to overcome your limiting beliefs and move ahead more confidently) | |
| What is my overall vision in this area of my life? (Note: Your vision is the distant dream in the horizon that you have set out to achieve over a longer period of time...in all likelihood, this is the purpose to which you want to devote the rest of your life, constantly growing yourself along the way, living moment by moment and enjoying the journey) | |
| What are my goals for the next 1 year? (Note: Your goals need to be more target oriented, specific, measurable, attainable, realistic and timely - these are called as SMART goals) | |
| What are my goals for the next 5 years? | |
| What are my goals for the next 10 years? | |

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| Action Steps needed to meet the next 1 year goals? (Note: Here you will need to break down your goals into specific, measurable, attainable, realistic and timely action steps) | | | | |
| Goals I want to Achieve? | Action Steps (Note: Ask yourself if your action step is specific enough, attainable and realistic) | Target Completion Date | Actual Completion Date | Measuring your progress |
| Goal 1 | Action Step1 | | | |
| | Action Step2 | | | |
| | Action Step3 | | | |
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| Goal 2 | Action Step1 | | | |
| | Action Step2 | | | |
| | Action Step3 | | | |
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