

PERSONAL DEVELOPMENT PLAN

W O R K S H E E T

SECTION ONE:

PREP



CHALLENGES

What will be my biggest challenges to implementing a PDP?

- DESIRE
- TIME
- INCONSISTENCY
- RANDOMNESS
- ALL-CONSUMING

Why will this be a challenge for me and how can I overcome it?

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LEARNING STYLES

Rank from 1 (highest) to 7 (lowest) what you believe are your learning styles:

- Visual (spacial)**
by what you see - you prefer using pictures, images, and spatial understanding
- Aural (Auditory, musical)**
by what you hear - you prefer using sound and music
- Verbal (linguistic)**
you prefer using words, both in speech and writing
- Physical (Kinesthetic)**
by what you feel / experience - you prefer using your body, hands
- Logical (mathematical)**
you prefer using logic, reasoning, and systems
- Social (interpersonal)**
you prefer to learn in groups or with other people
- Solitary (intra-personal)**
you peer to work alone and use self-study

What is a learning style that you feel you could add to help you personally develop?

BRAINSTORM

1 STEP ONE: CONTENT

Determine what can you learn / study / investigate

Book Ideas

Blog Posts

Magazines

Podcasts

Audiobooks

2 STEP TWO: COACHING

Who could I hire for this season to get me to the next level?

1:1 Coaching

Group / Mastermind Coaching

3 STEP THREE: CONFERENCES

What could I attend or watch for knowledge gain for a concentrated period of time and networking possibilities?

In-Person Conferences:

Online Conferences:

4

STEP FOUR: COURSES

What topics whether online or in person could you attend or experience?

Online Courses:

In-Person Courses:

5

STEP FIVE: CONNECTIONS

Who are key people around me that can and will challenge me to grow in personal development?

Mentored (ahead of me) -

Along Side -

Mentor (behind me) -

SECTION TWO:

PLAN



PERSONAL DEVELOPMENT PLAN WORKSHEET

This is where we take the prep work and implement it into customized plan through the What and the When. Now, take all of your answers in the prep work and put them into this section of the worksheet.

THE WHAT (IN ORDER OF PRIORITY)

1 CONSUME

Book Ideas

Blog Posts

Magazines

Podcasts

Audiobooks

PERSONAL DEVELOPMENT PLAN WORKSHEET

COACHING

CONFERENCES

COURSES

CONNECTIONS

2 CHOOSE YOUR TIMING

Now take your order and make four specific time stamps: 30 Days / 90 Days / 6 months and One Year - and fill in the blanks.

The Next 30 Days

In 90 Days

In Six Months

By One Year

SCHEDULE LEARNING BLOCKS - The When

Early Morning

Morning

Lunch

Afternoon

Evening

PDP RULES

It's always good to have some rules or guidelines so here are four simple yet challenging ones:

#1 - Know Thyself - What are your tendencies, habits, patterns.

#2 - Stretch Yourself - Think about where you would like to be a year from now from a personal development perspective.

#3 - Check Yourself - Visit your PDP often to check your progress. You're also going to need to adjust your PDP as new options become available to you. This is a working document.

#4 - Track Yourself - When you find an area or item of interest, write it down in a central location. Tracking what you're learning also allows you to see what you've accomplished at the end of the year and a central location for what you've learned. For me, this is done in Evernote.

KEYS TO IMPLEMENTING YOUR PDP:

Be Prepared - It's amazing what a difference ease-ability makes and could take away either an excuse not to learn or miss an unexpected opportunity to learn

Be Flexible- It's a plan made to be adjusted and improved. New ideas will come up all the time especially if you're looking for them so allow your PDP to be flexible. Encourage and be excited about new ideas and resources.

Be Consistent- Remember, "Something, Anything, is Better Than Nothing." Learn everyday. Take the 5 or 10 minutes but be consistent.