



PERSONAL DEVELOPMENT PLAN

1. **Self Discovery** - Our lives are anchored in our own personal traits and fundamental values, beliefs, and principles. Therefore, it is essential to understand yourself and who you are.
 - a) **Self Awareness**
 - (1) Increase your understanding of who you are
 - (2) Identify your personal attributes (honest, trustworthy)
 - (3) Identify your values and principles
 - (4) Determine your tendencies and habits
 - (5) Establish your needs
 - (6) Understand your emotions
 - b) **Interest Awareness**
 - (1) Establish your Interests
 - c) **Hopes and Dreams**
 - (1) List your hopes and dreams for the future
 - (2) Identify your Life Dimension Goals
 - d) **Career Discovery**
 - (1) Find career that corresponds to your personality and interests

2. **Personal Mission**
 - a) Determine and describe characteristics of the person who you want to be
 - b) Create a mission personal statement

3. **Vision for Life**
 - a) Determine where you want to end up on your journey
 - b) Determine what you want to achieve along the way
 - c) Determine how you will fulfill your mission or purpose
 - d) Create a vision statement - a picture of where you will be in the future

4. Self-Assessment

- a) Complete self assessment – critically review the quality of your own performance, skills, and abilities.
- b) Determine which skills, competencies, and abilities you want to develop
- c) Identify gaps in your skills, competencies, and abilities

5. Strategic Development Plan

- a) Set challenging and rewarding personal goals
- b) Create a plan for achieving your goals
- c) Create a plan for attaining or developing your skills, competencies, and abilities
- d) Establish positive habits for personal development
- e) Incorporate a plan for improving mental conditioning

6. Action

- a) Take daily action towards your goals
- b) Enhance Personal growth through Core Dimensions Dynamics™

7. Evaluation

- a) Periodically measure and gauge your development
- b) Review your plan and make adjustments as needed

8. Core Dimensions Dynamics™

- a) Enhance Personal Effectiveness
- b) Mental Conditioning
- c) Skill Enhancement
- d) Balance Core Dimensions Dynamics