

Creating a Personal Development Plan Worksheet

Why do you want to work on your personal development?

In what areas can you improve your emotional well-being?

- How you act in certain situations
- How you react to specific situations

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In what areas can you improve your mental health?

- Learn new skills
- Improve your productivity

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In what areas can you improve your physical health?

- Eat healthier meals
- Exercise regularly
- Get plenty of rest
- Hydrate more

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- _____

In what areas can you improve your social well-being?

- Learn how to really listen to understand, not to respond.
- Learn how to express your thoughts effectively.
- Learn how to communicate without letting your emotions get in the way.
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In what areas can you improve your spiritual well-being?

- Spend more time connecting with nature
- Get a better understanding of how your culture & beliefs impact your life
- Learn how your past experiences are impacting your life today
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