

Appendix C: Personal Development Plan Overview

Objective	<p>What area of your life do you want to focus on?</p> <p>What, precisely, will you be intentional to address?</p>
Envisioned Future	<p>Where do you want to be?</p> <p>What will your life look like when you realize this objective?</p>
Inspiring Verse	<p>What Scripture verse motivates this desire?</p>
Current Reality	<p>Where are you now?</p> <p>What does it look like?</p> <p>How does it feel?</p>
Competing Commitments	<p>What's holding you back from achieving this objective?</p> <p>Why haven't you succeeded in the past?</p> <p>What are you afraid of if you achieve this goal? Will this impact your status or relationships; does it threaten your security or identity; are you afraid of what people might think?</p>

<p>Specific One-Time Commitments</p>	<p>What specific, one-time actions will move you closer towards your envisioned future?</p> <p>For example: read a specific book on your topic of growth and development; sign up for a gym membership.</p>
<p>Ongoing Specific Commitments</p>	<p>What specific, regular adjustments and rhythms in your life will help you to achieve your envisioned future?</p> <p>For example: plan a weekly healthy menu and go grocery shopping once a week for ingredients; visit the gym three times weekly on Monday, Wednesday, and Friday mornings at 7:00 a.m.</p>
<p>Resources Needed</p>	<p>What resources are needed for you to implement your action plan?</p>

Review &
Evaluation

When will you review your plan
and assess your progress?

What self-evaluation
questions will help you
gauge your progress?

How will you celebrate progress?