

How To's

PERSONAL DEVELOPMENT PLAN

Learning Outcomes

The goals for this How To are for you to be able to:

1. Understand what is important for you.
2. Create goals from this.
3. Make your own Personal Development Plan for the goals.

Shopping List

You will need:

- A quiet moment
 - An open mindset.
 - This downloaded fillable PDF.
- or
- Printed out example of the personal development plan.

Happy Learning!

Often personal (development) goals consist of a vague direction or an abstract idea. Global ambitions and concrete development activities are not always easy to connect.

Get started with clarifying your goals and determine (development) activities, to see the results.

Why is what you want important?

It is important to focus. It's about the reasons why you want something. It is important to understand why you are doing something. That is why it is important to start by answering these questions first. Then you can enter your goals in the example of the personal development plan on the next page.

What is important for you now and why?

What makes it urgent for you?

How important is the above for you?

What do you find so interesting about it?

What makes you excited about the above?

For whom is what you want even more important?

Personal Development Plan

Goal 1

When do you want to achieve this?

What will it look like if you have achieved this?

What are the action points?

What qualities can you use for this?

What else do you need? Think of skills and knowledge.

Which learning intervention will you use?

Who do you need for this? Who can help you?

The Last Tips

Congratulations, you have now made your own personal development plan! You can and should be proud of yourself!

Lastly, it is important to know that you cannot achieve personal development in 1 day. It's a process that takes weeks, months, sometimes years. It is also not always easy to achieve it on your own. Do it together, and get help where needed!

Here are some tips to keep in mind:

- 1 Be aware of what you think and feel.
- 2 Believe in your own abilities (qualities).
- 3 Know what is important in your life (your values).
- 4 Be aware that you always have a choice.
- 5 Don't be afraid to make mistakes (dare).
- 6 Focus on possibilities.
- 7 View your life in perspective.

Extra Inspiration

Article: [The 7 'Senses' of Self-Development](#)

Podcast: [The Really New You](#)

Video: [Setting the Right Goals](#)

Website: [Doors Open](#)