

Personal Development Areas

A SELF-IMPROVEMENT Workbook

Evaluating, Setting Goals and a Plan
for Taking Action

Start Creating Yourself

PERSONAL DEVELOPMENT AREAS

PERSONAL DEVELOPMENT AREAS



EVALUATE YOUR SELF AND YOUR LIFE

In considering what you don't like, think about what causes you pain, discomfort and concern. What gets in the way of living the life you want to live and being the person you want to be.

Take the time to reflect deeply about yourself and your life. This may seem scary, but it is a necessary step to make the changes needed.

AREA OF LIFE/SELF	WHAT I LIKE	WHAT I DON'T LIKE
MENTAL/PSYCHOLOGICAL		

EMOTIONAL		
SOCIAL/RELATIONSHIPS		

PROFESSIONAL		
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SPIRITUAL		
RECREATIONAL		

PHYSICAL HEALTH		
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LIFESTYLE		
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ACTION PLAN

Take your goals from the pages above and consider an action plan. How will you achieve your goals? Be specific.

If you are unsure on the action steps needed to achieve your goal, do research, learn more about it and what it takes to get there.

Do you need help, perhaps from a friend, family member or a professional of some sort, such as a life coach, therapist, personal trainer?

GOAL	ACTION PLAN TO ACHIEVE GOAL	DONE!

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GOAL	ACTION PLAN TO ACHIEVE GOAL	DONE!



Self Improvement Fun

being positive is the most important thing

<https://selfimprovement.fun/>