

Personal Development Progress Sheet

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Name: _____ Progress Cycle: _____

Personal Development Area: A specific area for improvement based on the assessment process.

Personal Development Goal: A specific description of the end result I am striving for in the form of an affirmation statement.

Personal Development Activities: The specific combination of growth assets (people, resources and experiences) that will facilitate growth in this area.

Personal Development Partners: The specific people and accountability formats that I plan to use to keep me focused on this growth goal.

Personal Development Assessment: The time frame and evaluation process I will use to measure progress toward mastery in this area.