

iReflect

# Personal Development Plan

Name :

*Play Think Learn*



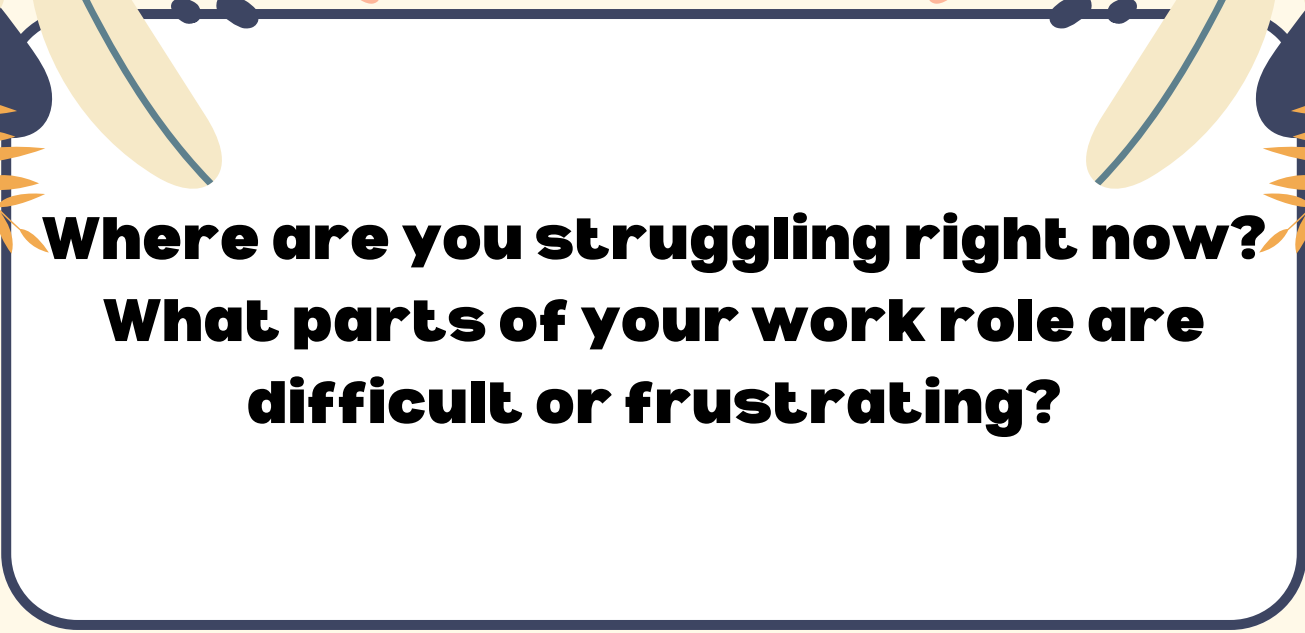
**Here are some questions to begin the process of creating a meaningful development plan - or you can use this to coach others.**

**You will find reflective cards to accompany this journal. Remember, these questions and images can be applied metaphorically to life, using the cards as a symbol. Take some time to reflect on these questions and consider how you can apply these reflections to your personal development.**

**Sameera Baba - MCC**

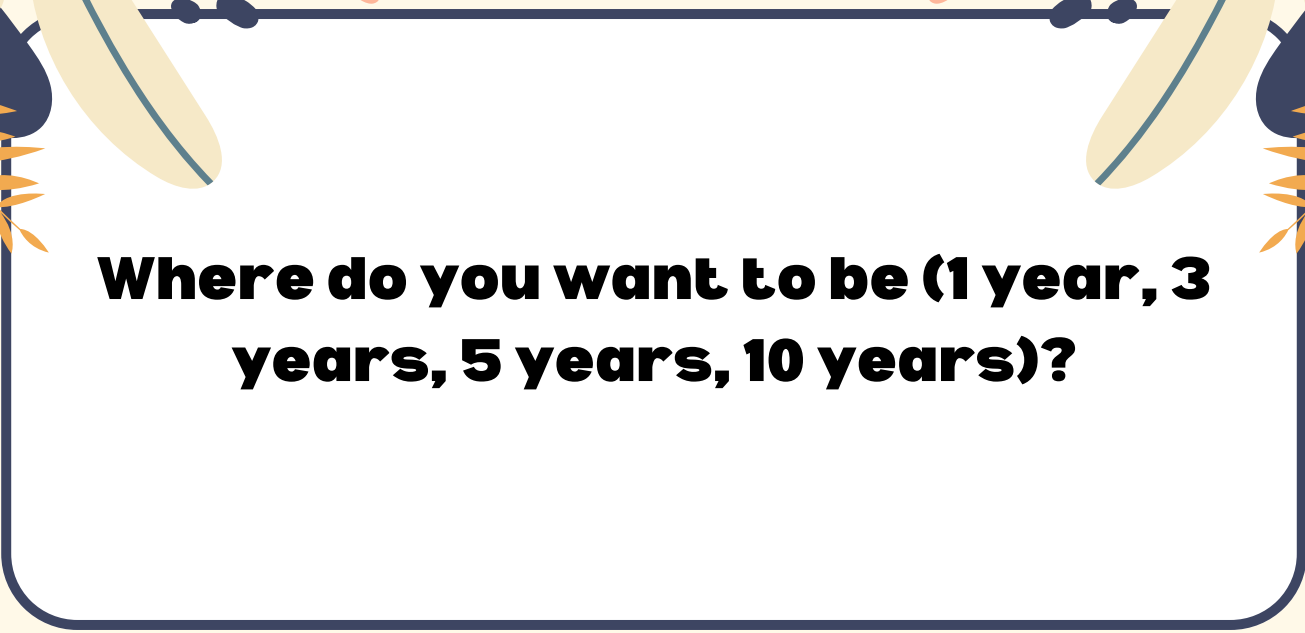
■ ■ ■  
**iReflect**

A decorative illustration at the bottom of the page features two stylized hands, one on the left and one on the right, holding various plants. The hands are light beige with blue outlines. The plants include orange and red leaves, dark blue leaves, and small dark blue berries. The background is a light cream color.



**Where are you struggling right now?  
What parts of your work role are  
difficult or frustrating?**

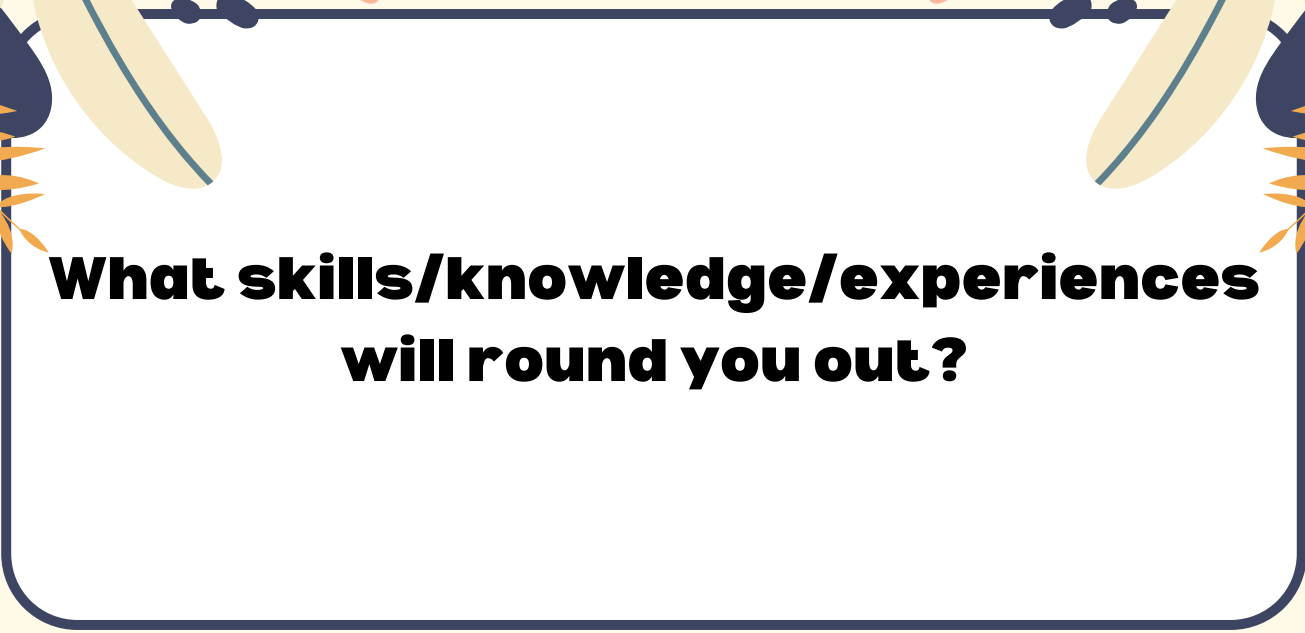
This image shows a single page from a notebook. The page is white with horizontal blue lines. The top corners of the page are rounded. At the bottom of the page, there is a decorative border featuring stylized plants in shades of green, yellow, and brown. The plants are arranged in a symmetrical pattern along the bottom edge.



**Where do you want to be (1 year, 3 years, 5 years, 10 years)?**

A decorative header featuring stylized plants in shades of blue, green, and yellow on the left and right sides. The central area is white with five horizontal grey lines, resembling a notepad.





**What skills/knowledge/experiences  
will round you out?**

This image shows a single sheet of white paper with horizontal ruling lines. The paper has rounded corners and is framed by a dark blue border. At the bottom of the page, there is a decorative border featuring stylized plants in shades of yellow, orange, and dark blue. The plants include large leaves and small clusters of dots, resembling berries or flowers. The overall design is clean and modern, suitable for a notebook or journal.



**Which skills/knowledge/experiences  
you want to gain?**

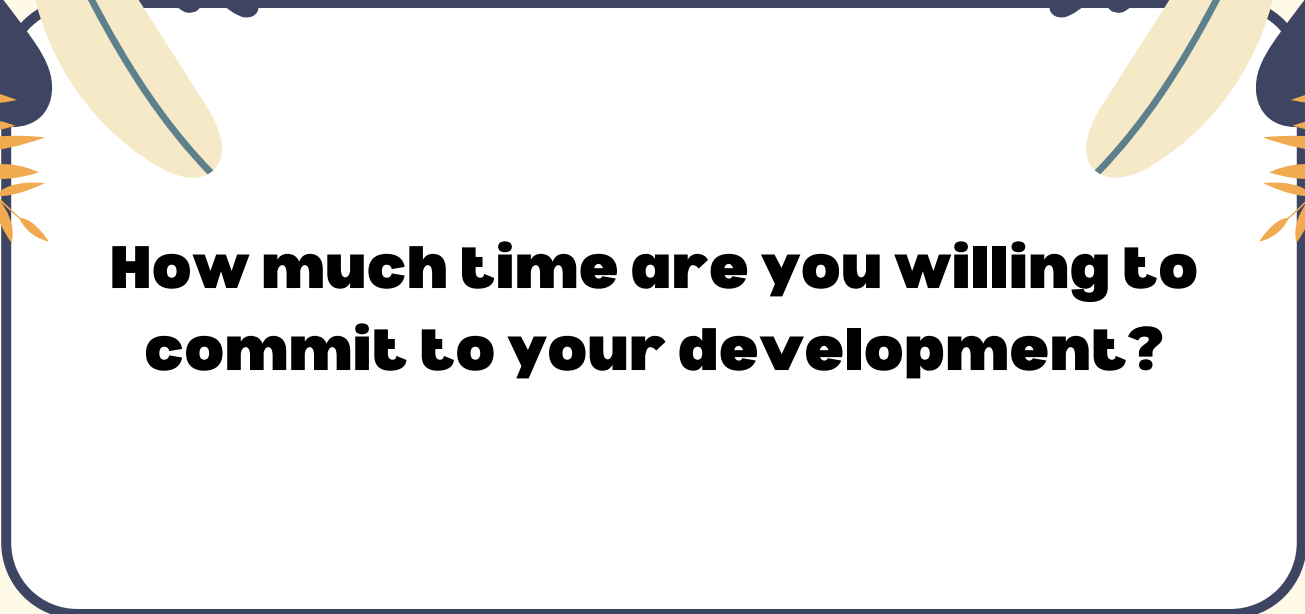
This image shows a single page from a notebook. The page is white with horizontal blue lines. The top corners of the page are rounded. At the bottom, there is a decorative border featuring stylized plants in shades of green, yellow, and brown. The page is otherwise blank, with no writing or markings.

**What is motivating you to achieve these skills/knowledge/experiences?  
(from previous question)**



**How would you benefit if you gained these skills or knowledge?  
(from previous question)**

This image shows a single page from a notebook. The page is white with horizontal blue lines. The top corners of the page are rounded. At the bottom of the page, there is a decorative border featuring stylized plants in shades of green, yellow, and brown. The plants are arranged in a symmetrical pattern along the bottom edge.

A decorative frame surrounds the text, featuring yellow leaves and blue dots at the corners.

**How much time are you willing to  
commit to your development?**

This image shows a single sheet of white paper with horizontal ruling lines. The paper has rounded corners and is framed by a dark blue border. At the bottom of the page, there is a decorative border featuring stylized plants in shades of yellow, orange, and dark blue. The central area of the page is filled with ten evenly spaced horizontal lines for writing.

A decorative border surrounds the slide content, featuring stylized dark blue branches with yellow leaves and orange-brown leaf-like shapes at the corners.

# How do you learn best?

[illegible]

**Who can you ask for ideas on how to  
gain the  
skills/knowledge/experiences?**

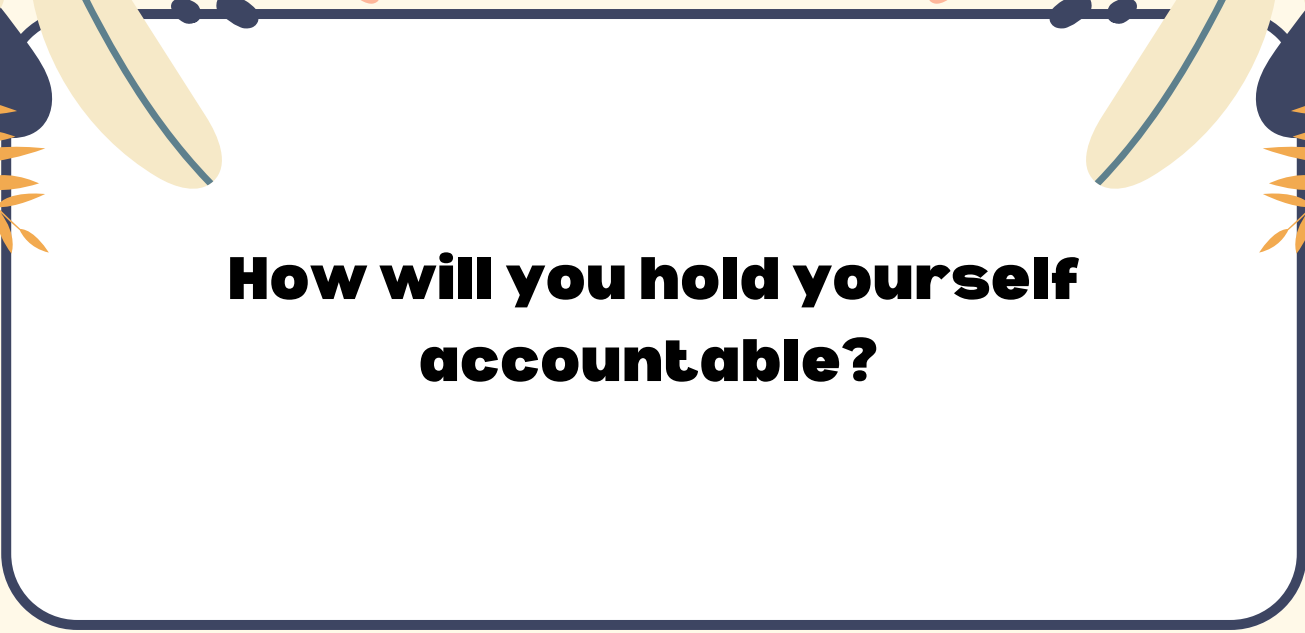




**What is a realistic next step?**

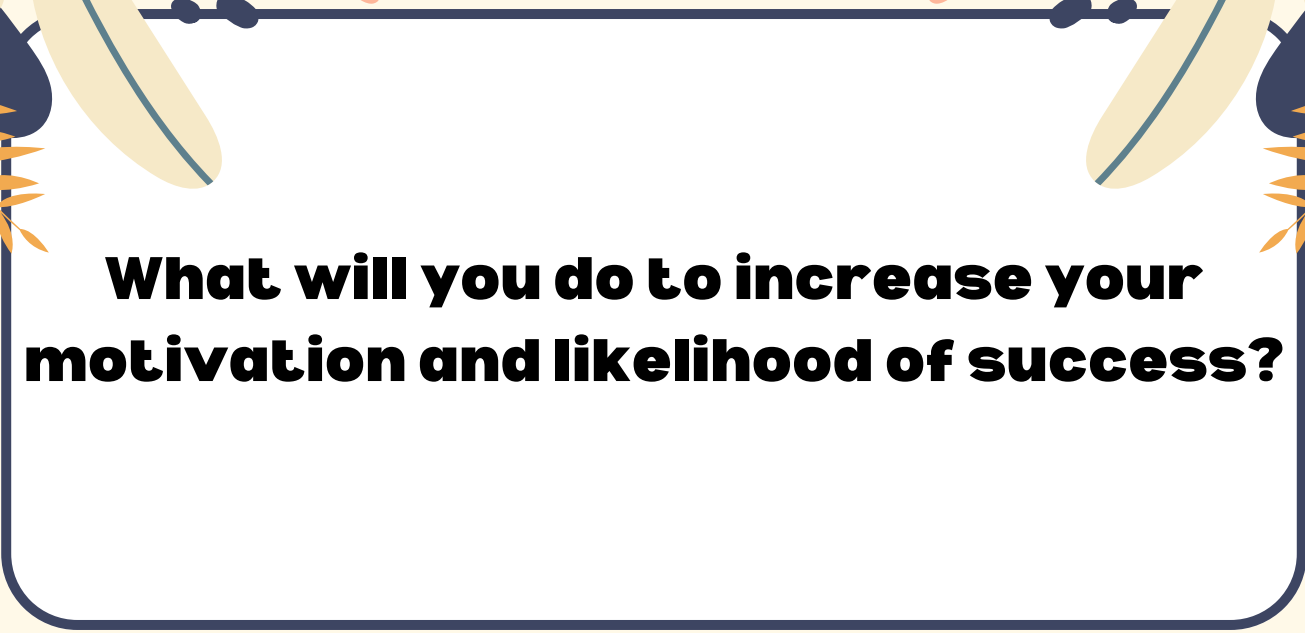
[illegible]





**How will you hold yourself accountable?**

[illegible]



**What will you do to increase your motivation and likelihood of success?**

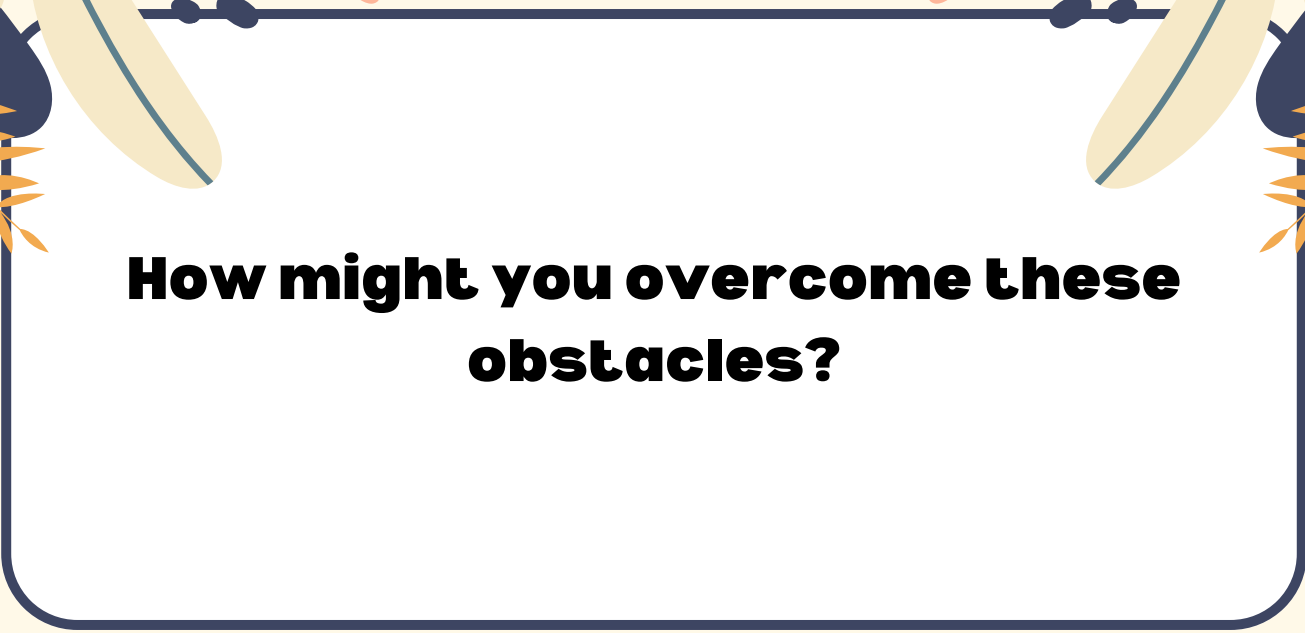
[illegible]

**What will you do to increase your motivation and likelihood of success?**



**What are the likely obstacles you will face?**

A blank, lined notebook page with a decorative floral border at the bottom. The page has horizontal ruling lines and a dark blue border. The bottom edge features stylized illustrations of yellow and orange flowers and green leaves.

A decorative border surrounds the central text. It features stylized yellow leaves with blue outlines and small blue berries on dark stems, positioned at the top and sides of the frame.

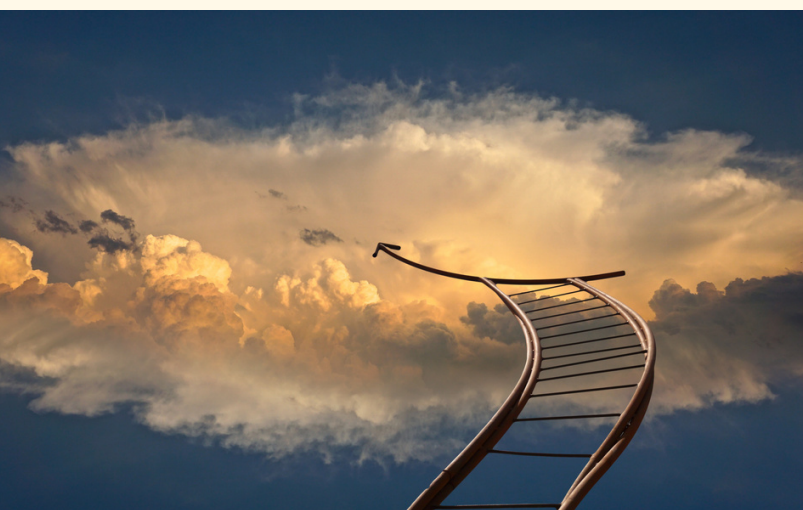
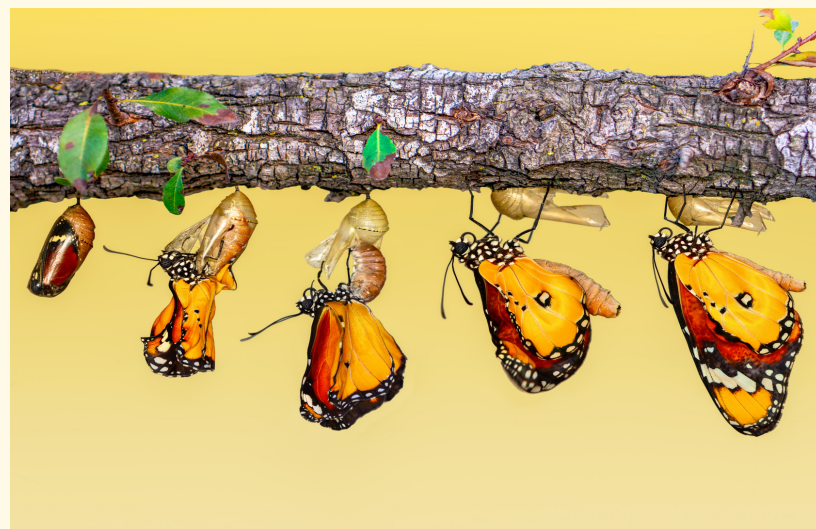
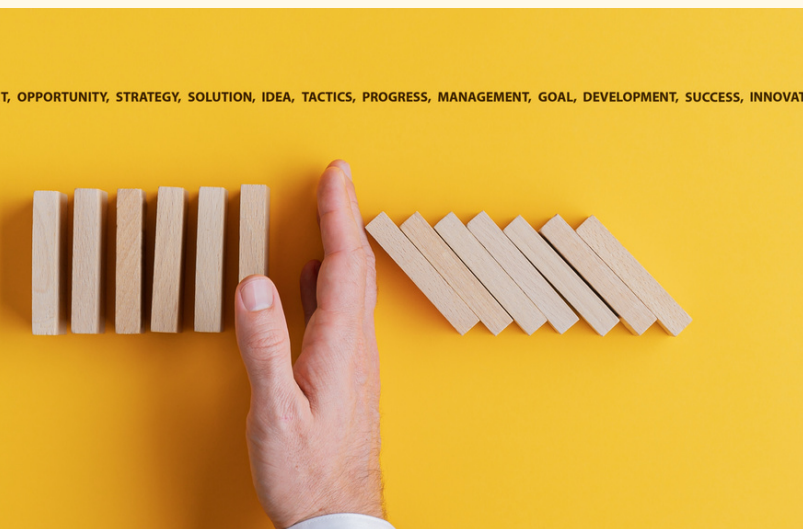
**How might you overcome these obstacles?**

This image shows a single sheet of white paper with horizontal ruling lines. The paper has rounded corners and is framed by a dark blue border. At the bottom of the page, there is a decorative border featuring stylized plants in shades of yellow, orange, and dark blue. The central area of the page is filled with ten evenly spaced horizontal lines for writing.

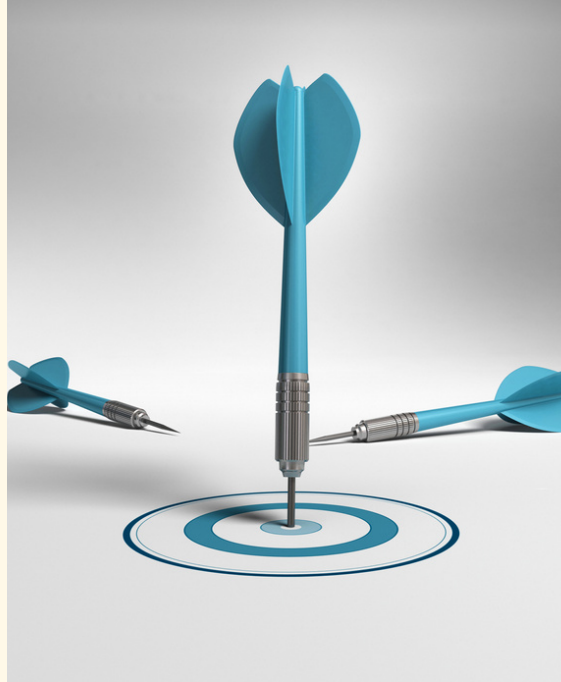
**What are you learning about yourself while in your development journey?**

















# Notes





# Resolutions

## HEALTH

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## WORK

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## LEARNING

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## FAMILY

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## FRIENDS

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## MONEY

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# Action Plan

Month \_\_\_\_\_


## All Tasks & Chores




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
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## Top Three Priority



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## Group 1 Task

## Duedate

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## Group 2 Task

## Duedate

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## Notes


# Action Plan

Month \_\_\_\_\_


## All Tasks & Chores



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## Top Three Priority



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## Group 1 Task

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## Group 2 Task

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## Notes


# Action Plan

Month \_\_\_\_\_

## All Tasks & Chores




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## Top Three Priority



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## Group 1 Task

## Duedate

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## Group 2 Task

## Duedate

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## Notes

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