

## Personal development plan

Creating an action plan for a career, relations or personal improvement



Image: <https://pixabay.com/en/consulting-training-learn-know-2170679/>

“To become a master at any skill, it takes the total effort of your: heart, mind, and soul working together in tandem.” Maurice Young

**Tag:** Change, awareness, improvement

### **Challenge:**

If you don't think and plan in advance, you can easily end up being angry, frustrated, and not satisfied with your life.

If you ever find yourself feeling lost in life, you can just look into your plan and remind yourself where you want to go. A personal development plan is your guideline for life.

### **Solution:**

The PDP (personal development plan), also called individual development plan or personal enterprise plan.

PDP can include a statement of aspirations, competencies, education, and next steps to implement it. The domain can be more specific, like the career, relationships, health, life style but also can include all the domains.

### **Reference:**

[https://en.wikipedia.org/wiki/Personal\\_development\\_planning](https://en.wikipedia.org/wiki/Personal_development_planning)

<http://www.mindofwinner.com/create-personal-development-plan/>

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