**Personal Development Plan**

**The thinking, knowledge, skills and behaviours that I will change and develop in order to achieve my vision and goals, adhere to my values and become as resilient as possible**

NOTE: We have added your first goal for you! A balanced lifestyle underpins your resilience; so you should always be seeking to refine it. So, make a commitment to some lifestyle changes (they don’t have to be big ones), and write them in the action column.

| **No** | **Improvement and Development Goals** | **Success Criteria**  (How I will know when I have made this change) | **The actions I will take to achieve the goal** | **Timelines** | **What will this help me to achieve?** | **Achievements**  **(3 monthly review)** |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | **Adjust my lifestyle to make it healthier** | I have a more balanced lifestyle, which includes habitual physical, mental, social and relationship activity, regular rest and a balanced diet. |  |  | All other goals |  |
| 2 |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |