

# How do I want to GROW in 2023?



Use this template and the suggested questions to help you reflect on and plan your personal development this year

## Goals

What do I want to achieve/learn/be different?  
What's missing from my life at the moment?  
What changes do I need to make?

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## Resources

What are my current skills and strengths?  
What external resources/support can I access? For example coaching, mentoring, courses, reading etc.  
How will I monitor my progress and celebrate my wins?

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## Obstacles

What could get in my way?  
What are my main challenges going to be?  
How might I overcome them?

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## What next?

What actions do I need to take?  
When can I expect to see some results?  
How can I prioritise my tasks?

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