

How do I want to GROW in 2022?



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?

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?

Obstacles

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

What next?

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