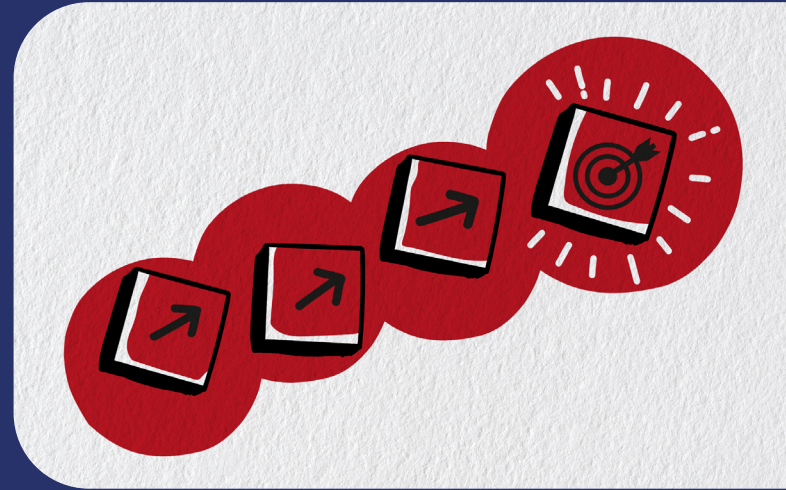


SELF DEVELOPMENT JOURNAL



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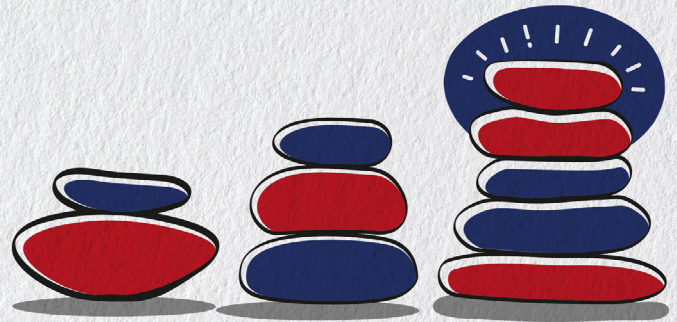
-  Rewarding
-  Reliable
-  Respectful

SELF DEVELOPMENT JOURNAL

This self development journal, has been created as a tool for personal growth, to help you actively track and reflect on your journey toward your goals.

There are set questions and points for reflection for you to consider and answer over the year, to allow you to self-reflect, understand and work towards your goals, as well as contributing towards your self motivation. Remember though, as you move through the months, you may want to add different points to consider - you can always adapt what this process looks like to suit your needs.

This is a personalised guide which you can create for your own self development.



SELF DEVELOPMENT JOURNAL

BOOKS AND READING

What books, articles and publications do you want to read this year to help your growth and development?



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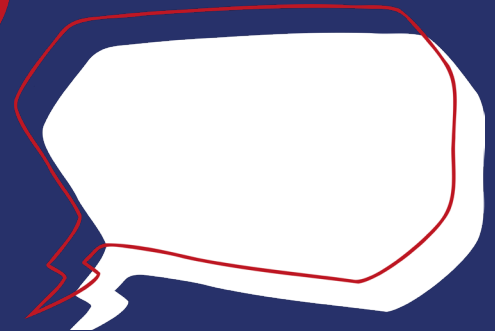
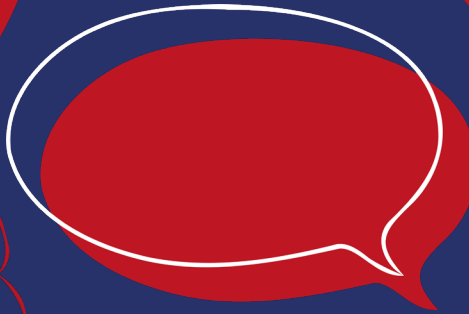
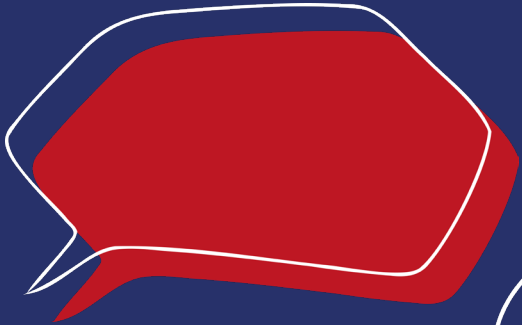
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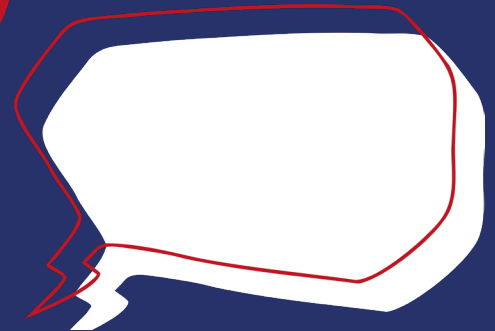
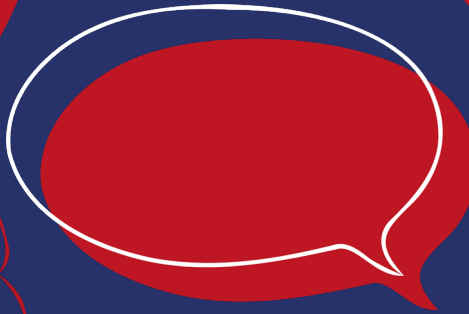
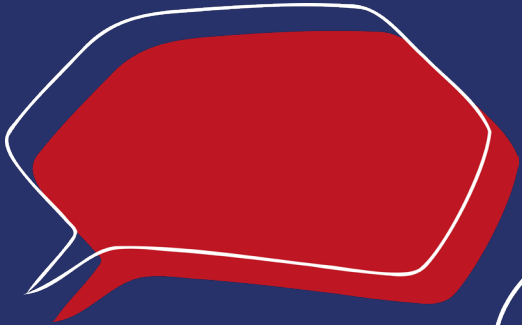
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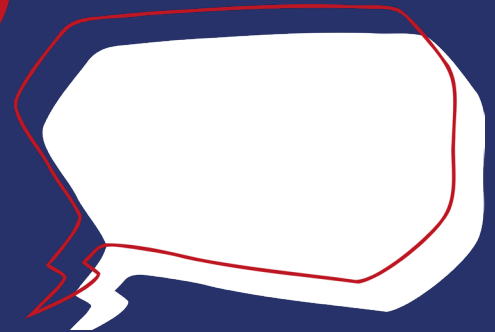
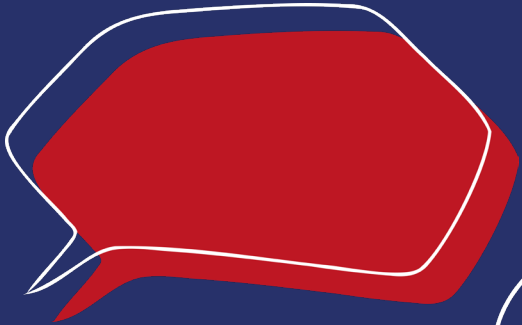
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Reflecting on your personal and professional growth over the year is an opportunity to celebrate progress, identify areas for improvement, and set intentions for the year ahead. Below is a structured approach to conducting a meaningful review.

ACHIEVEMENTS AND HIGHLIGHTS

What went well this year?

- List significant accomplishments (personal, professional, academic, or otherwise).
- Reflect on goals you achieved and milestones you surpassed.
- What are you most proud of? Think about moments when you felt your best or overcame challenges.

What have I learned about myself this month?

CHALLENGES AND OBSTACLES

What were the difficulties?

- Identify areas where you struggled or didn't meet expectations
- Reflect on external obstacles and internal limitations.

How did you handle these challenges?

- Note any strategies you used to overcome obstacles or manage stress.
- Assess what could have been done differently.

PERSONAL GROWTH

What have you learned about yourself?

- Reflect on how you've changed emotionally, mentally, or spiritually.
- Highlight key lessons, breakthroughs, or shifts in perspective.

Date:

PERSONAL GROWTH

How have your habits evolved?

- Evaluate whether your routines and habits contributed to your success.
- How have you cared for your health and wellbeing?
- Identify habits that helped and those you'd like to leave behind.

SKILL DEVELOPMENT

What new skills have you gained or improved?

- Highlight progress in technical, creative, or interpersonal skills.
- Mention any courses, workshops, or self-learning efforts.
- Reflect on your relationship building, influence and communication.

What skills still need work?

- Reflect on areas where you'd like to see improvement next year.
- Assess whether you made a positive difference in your community or workplace.

GOALS AND INTENTIONS FOR THE NEXT YEAR

What do you want to accomplish next year?

- Set SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound).
What story do you want this year to tell about your growth?
- How will you be: Rewarding, Reliable & Respectful

What will you focus on improving?

- Choose key areas for personal and professional development.

How will you maintain momentum?

- Identify habits, tools, or support systems that can help you stay on track.

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