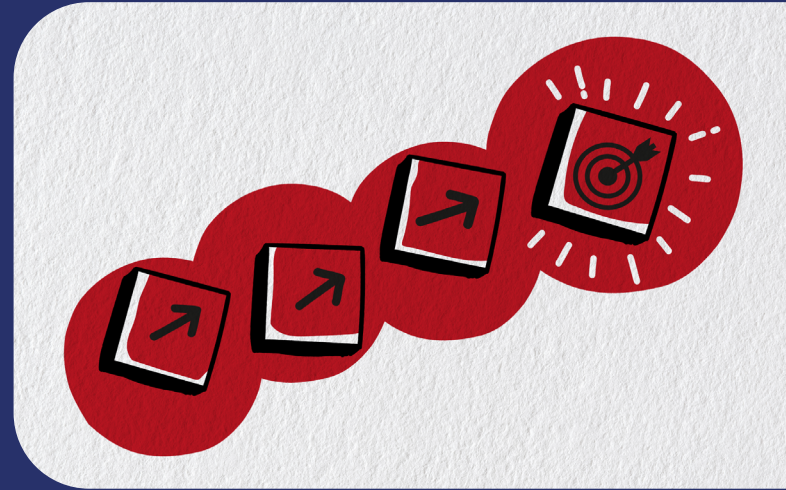


# SELF DEVELOPMENT JOURNAL



**RYGOR**  
GROUP

-  Rewarding
-  Reliable
-  Respectful



















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## ACHIEVEMENTS AND MILESTONES

### What went well?

- List specific goals or targets you accomplished. (E.g., learned a new skill, completed a project, or improved time management.)
- Highlight any progress made in areas of personal growth, such as confidence, communication, or mindfulness and how do you know that this progress has been made?
- What have been your personal wins, this quarter and what are you most proud of?

What have I learned about myself this month?

## CHALLENGES FACED

### What were the obstacles?

- Identify moments where things didn't go as planned – what were they and why do you think they didn't go as you hoped they would?
- How do you feel about things when they don't go to plan?
- Consider what you could have done differently to address these challenges and what will you do in the future?

## LESSONS LEARNED

### What did you learn about yourself?

- Reflect on key takeaways from successes and failures and what surprised you most about yourself?
- What habits helped you succeed, and which ones held you back?
- Note any insights into your strengths and weaknesses and highlight any improvement in self-awareness or emotional intelligence.
- Consider new perspectives or approaches you discovered and assess how you handled feedback or constructive criticism.

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## RELATIONSHIPS AND SOCIAL GROWTH

### How have your interactions improved?

- Evaluate the quality of your relationships with those around you?
- Identify areas where you demonstrated the company behaviours which sit behind our values? ([click here to view behaviours and Values](#))
- Reflect on how your communication skills have impacted your connections.

## GOALS FOR THE NEXT QUARTER

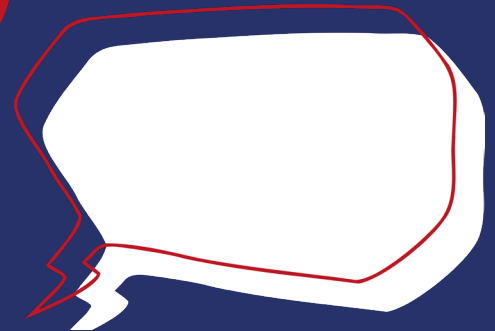
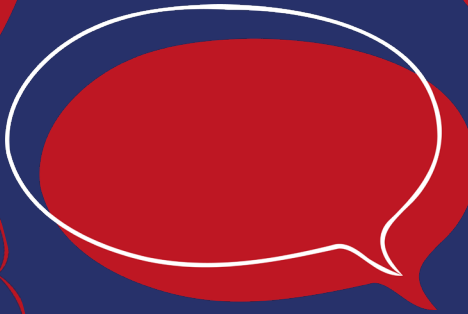
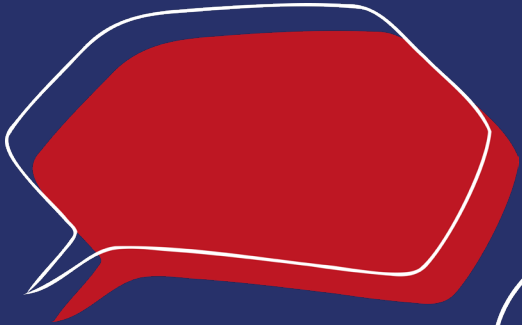
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- Set clear, actionable goals for the coming months – three maximum.
- Include specific steps for areas you want to improve.
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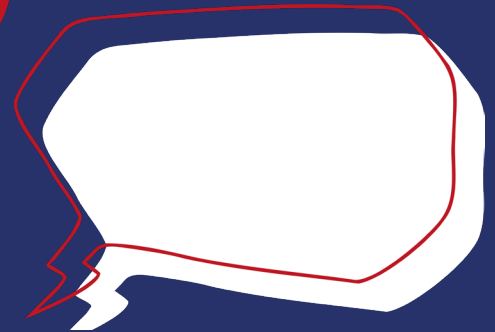
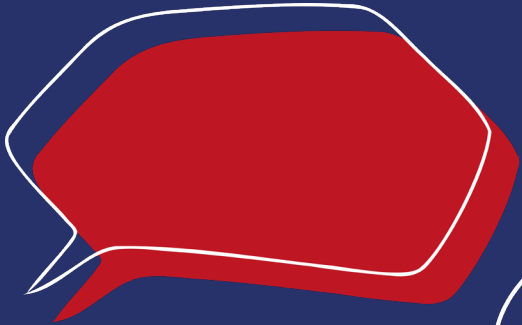
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Reflecting on your personal and professional growth over the year is an opportunity to celebrate progress, identify areas for improvement, and set intentions for the year ahead. Below is a structured approach to conducting a meaningful review.

## 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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