

Individual Development Plan

Breakeven _____

Date_____

Dominant Goal_____

Drive – What can be done to increase the Drive to achieve your dominant goal?

New Learning – What skills, knowledge, strategy, and habits will help you get to your goal quicker?

Self-Defeating Thinking – What anxiety do you need to deal with more effectively?

What self-limiting beliefs do you need to overcome?

What needs to be done to balance the conflicting demands in your life?