

PERSONAL GROWTH PLAN

VISION

Envision its being one year from now. Describe the setting of this review (time, place, surroundings). Use enough detail to bring it to life.

Describe the changes you have made in the past year, and the emotions those changes generate for you (I am pleased...I am excited... I am proud... I am grateful. Feature those aspects of your life that, today, most call for change. Consider the following categories as a starting point.

- Physical health and energy, nutrition and activity
- Emotional stability, resilience, connection with others.
- Mental clarity, focus, and optimism.
- Spiritual sense of meaning, purpose, and life satisfaction

EXISTING CONDITION

Describe the current circumstances that you would like to work on in the coming year. What habits of thought, action, emotion, or spirit stand between you and a happier, healthier life? Describe the existing condition for each of the aspects in which you want to change and grow.

MOTIVATION

Why do you want to do some things differently over the coming year? How does that motivation reflect your deepest personal values? What makes this the right time to embrace the challenge?

CONFIDENCE

What personal strengths will you draw on as you make a plan for change? If you have taken the VIA Survey of Character Strengths, reflect on the strengths you identified there. Where in the past have you succeeded with similar goals? What did you learn then that applies now?

INTERMEDIATE GOALS

Envision its being three months from now. List 2-3 behaviors or habits that you want to establish by then. The habit may involve stopping something you do now, starting something you aren't doing, or modifying something about your current pattern. Connect these new behaviors with your long-term vision.

WEEKLY ACTION PLAN

List 2-3 small steps you want to take this week that will move toward your vision and 3-month goals. Be realistic. How much do you want to take this step? What challenges will you run into? Who can you enlist in supporting you? How will you remember that you made a commitment to take these steps?