### **Self-Actualization Plan**

### **Core Values**

Personality traits
Assessment:
A3553ment.
O a day
Goals:
Plan of action:
Interests, Skills, Ambitions
Assessment:
ASSESSMENT.
Goals:
Plan of action:
Consider how core values can be reflected in each corest
Consider how core values can be reflected in each aspect

### **Health Plan**

### **Immediate Health Concerns**

Nutrition			
Assessment:			
Goals:			
Plan of action:			
Physical Fitness			
Assessment:			
Goals:			
Plan of action:			
Mental Health			
Assessment:			
7.00000THETTE.			
Goals:			
Plan of action:			
<del></del>	<del></del>	 	· · · · · · · · · · · · · · · · · · ·

## **Health Assessment Metric**

Within 6 months time, I will	
Deadline (enter specific date):	Goal reached within timeframe (Y/N):
Within 12 months time, I will	
Within 12 months time, 1 with	
Deadline (enter specific date):	Goal reached within timeframe (Y/N):
Within 3 years time, I will	
Deadline (enter specific date):	Goal reached within timeframe (Y/N):
1. Did I reach my goal/s within the tir	meframe? If so or if not, what happened? How did it go?
What did I learn?	
2. Do I need to alter my actions/mind	lset/strategy? If so, what changes need to be made?

## **Professional Plan**

Financial Stability
Assessment:
Goals:
Changes to be made:
Financial Growth
Assessment:
Goals:
Changes to be made:
Satisfaction with Current Career
Assessment:
Goals:
Plan of action:
rtan or action.
Work/Life Balance
Assessment:
Goals:
Plan of action:
Career Growth/Ambitions
Assessment:
Goals:
Plan of action:

### **Professional Path Assessment Metric**

Within 6 months time, I will	
_	
Deadline (enter specific date):	Goal reached within timeframe (Y/N):
Within 12 months time, I will	
Within 12 months amo, 1 with	
Deadline (enter specific date):	Goal reached within timeframe (Y/N):
Within 3 years time, I will	
Deadline (enter specific date):	Goal reached within timeframe (Y/N):
1. Did I reach my goal/s within the ti	meframe? If so or if not, what happened? How did it go?
What did I learn?	· · · · ·
2. Do I need to alter my actions/mino	dset/strategy? If so, what changes need to be made?

## Relationships Plan

amily
Assessment:
Goals:
Plan of action:
riends
Assessment:
Goals:
Plan of action:
artner
Assessment:
Goals:
Plan of action:

## Relationship Assessment Metric

Within 6 months time, I will	
Deadline (enter specific date):	Goal reached within timeframe (Y/N):
Within 12 months time, I will	
Deadline (enter specific date):	Goal reached within timeframe (Y/N):
	Out reached within timen and (1714).
Within 3 years time, I will	
Deadline (enter specific date):	Goal reached within timeframe (Y/N):
<ol> <li>Did I reach my goal/s within the ti What did I learn?</li> </ol>	meframe? If so or if not, what happened? How did it go?
2. De la ceda elter my pations/mine	The state of the second at the second and the second at th
2. Do I need to after my actions/mind	dset/strategy? If so, what changes need to be made?

### Self-Care Plan

Relaxation and Reflection
Assessment:
Goals:
Plan of action:
Enjoyment
Assessment:
Goals:
Plan of action:
Enlightenment and Cultivation
Assessment:
Goals:
Plan of action:

### **Self-Care Assessment Metric**

Within 6 months time, I will	
Deadline (enter specific date):	Goal reached within timeframe (Y/N):
Within 12 months time, I will	
,	
Deadline (enter specific date):	Goal reached within timeframe (Y/N):
Within 3 years time, I will	.,,.,,
Within 3 years time, I witt	
Destina (anton angolitic data):	Cool reached within timeframe (V/N).
Deadline (enter specific date):	
<ol> <li>Did I reach my goal/s within the tir</li> <li>What did I learn?</li> </ol>	meframe? If so or if not, what happened? How did it go?
What did i tearns	
2. Do I need to alter my actions/mind	Iset/strategy? If so, what changes need to be made?

## **Personal Development**

Core Values	Personality Traits
Skills, Interest	s and Ambitions
Health:	
Short term goals:	
Long term goals:	
Other aspects affecting/being affected by:	
Professional Path:	
Short term goals:	
l ong term goals:	
Other aspects affecting/being affected by:	
Relationships:	
Chart tarm goals:	
Long torm goals:	
Other aspects affecting/being affected by:	
Self-Care:	
Short term goals:	
Other aspects affecting/being affected by:	

## Personal Development Assessment Metric

Goal reached within timeframe (Y/N):
Goal reached within timeframe (V/N):
Goal reached within timeframe (Y/N):
Goal reached within timeframe (Y/N):
ame? If so or if not, what happened? How did it go?
strategy? If so, what changes need to be made?

# JANUARY GOAL PLANNING

Goals for the month:				
Week 1 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 2 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 3 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 4 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:

## FEBRUARY GOAL PLANNING

Goals for the month:				
Week 1 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 2 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 3 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 4 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:

## MARCH GOAL PLANNING

Goals for the month:				
Week 1 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 2 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 3 tasks:	<u> </u>			
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 4 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:

## APRIL GOAL PLANNING

Goals for the month:				
Week 1 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 2 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 3 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 4 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:

# MAY GOAL PLANNING

Goals for the month:				
Week 1 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 2 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 3 tasks:	<u> </u>			
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 4 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:

## JUNE GOAL PLANNING

Goals for the month:				
Week 1 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 2 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 3 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 4 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:

## JULY GOAL PLANNING

Goals for the month:						
Week 1 tasks:	Week 1 tasks:					
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:		
Week 2 tasks:						
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:		
Week 3 tasks:						
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:		
Week 4 tasks:						
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:		

## AUGUST GOAL PLANNING

Goals for the month:				
Week 1 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 2 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 3 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 4 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:

## SEPTEMBER GOAL PLANNING

Goals for the month:				
Week 1 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 2 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 3 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 4 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:

## OCTOBER GOAL PLANNING

Goals for the month:				
Week 1 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 2 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 3 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 4 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:

## NOVEMBER GOAL PLANNING

Goals for the month:				
Week 1 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 2 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 3 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 4 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:

## DECEMBER GOAL PLANNING

Goals for the month:				
Week 1 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 2 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 3 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
Week 4 tasks:				
Day 1:	Day 2:	Day 3:	Day 4:	Day 5: