

Self-Actualization Plan

Core Values

Personality traits

Assessment:
Goals:
Plan of action:

Interests, Skills, Ambitions

Assessment:
Goals:
Plan of action:

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:
Goals:
Plan of action:

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...

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 timeframe? If so or if not, what happened? How did it go?
What did I learn?

2. Do I need to alter my actions/mindset/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:

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...

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 timeframe? If so or if not, what happened? How did it go?
What did I learn?

2. Do I need to alter my actions/mindset/strategy? If so, what changes need to be made?

Relationships Plan

Family

Assessment:
Goals:
Plan of action:

Friends

Assessment:
Goals:
Plan of action:

Partner

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):

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 timeframe? If so or if not, what happened? How did it go?
What did I learn?

2. Do I need to alter my actions/mindset/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...

Deadline (enter specific date):	Goal reached within timeframe (Y/N):

1. Did I reach my goal/s within the timeframe? If so or if not, what happened? How did it go?
What did I learn?

2. Do I need to alter my actions/mindset/strategy? If so, what changes need to be made?

Personal Development

Core Values

Personality Traits

Skills, Interests and Ambitions

Health:

Short term goals:

Long term goals:

Other aspects affecting/being affected by:

Professional Path:

Short term goals:

Long term goals:

Other aspects affecting/being affected by:

Relationships:

Short term goals:

Long term goals:

Other aspects affecting/being affected by:

Self-Care:

Short term goals:

Long term goals:

Other aspects affecting/being affected by:

Personal Development 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...

Deadline (enter specific date):	Goal reached within timeframe (Y/N):

1. Did I reach my goal/s within the timeframe? If so or if not, what happened? How did it go?
What did I learn?

2. Do I need to alter my actions/mindset/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:

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:

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:

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: