**Personal Development Plan**

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**The thinking, knowledge, skills and behaviours that I will change and develop in order to achieve my vision and goals, adhere to my values and become as resilient as possible**

NOTE: We have added your first goal for you! A balanced lifestyle underpins your resilience; so you should always be seeking to refine it. So, make a commitment to some lifestyle changes (they don’t have to be big ones), and write them in the action column.

| **No** | **Improvement and Development Goals** | **Success Criteria**  (How I will know when I have made this change) | **The actions I will take to achieve the goal** | **Timelines** | **What will this help me to achieve?** | **Achievements**  **(3 monthly review)** |
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