

# Recovering Wholeness

Wellness and Wholeness. Restoration and Recovery.  
Spirit, Mind, and Body.

## PDP - Personal Development Plan

A Personal Development Plan (PDP) is a structured and strategic approach to self-improvement that can help you to identify your goals, strengths, weaknesses, and areas for growth. It serves as a roadmap for personal and professional development, guiding you towards achieving your full potential.

This PDP includes:-

- 5 of your top **GOALS**;
- The **SKILLS** or knowledge you would like to gain in order to achieve these goals;
- An **ACTION PLAN** - where strategic steps will you take to gain these skills you mentioned in Column 2;
- What will you see that will help you know you have achieved your goal - your **PROOF**;
- Who are potential **MENTORS or COACHES** that you have access to who would inspire you and keep you accountable to better your best;
- What is your **TARGET DATE** for completing each goal?

Creating clarity in aspirations will assist you in taking concrete steps towards realizing the same. It also provides a framework for self-reflection, allowing you to track your progress, make adjustments, and stay motivated. Ultimately, a well-crafted PDP can lead to enhanced self-awareness, increased confidence, improved skills, and overall personal growth.

In the journey of personal development, concepts like **'you better your best'** and **'if you can see it, you can achieve it'** can serve as powerful mantras to inspire individuals to push past their limits and strive for greatness. These phrases together with **'just get up one more time that what you failed'** encapsulate the idea that true transformation begins with a shift in mindset and a commitment to continuous improvement. By embracing these principles, you can unlock your full potential and embark on a path of self-discovery and self-actualization.

# PERSONAL DEVELOPMENT PLAN (PDP)

**NAME:**

**DATE:**

**Your Vision** *(use emotions - feel it - make it personal):*

Goal (1 & 2)	Knowledge to gain/Skills to build/ Attitude to develop	ACTION PLAN - Strategic, Activities or Learning	Proof	Potential mentors	Target Date for completion
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In the first row (**in orange**) - I have included an example for you

Overcome fear of public speaking	Overcome social anxiety; Improve communication skills	Toastmasters. <a href="#">Podcast The Communication Guys</a>	Signed up for Toastmasters	Paul Nyamuda	July 2023
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These next 5 rows are yours - use it to dream again and better your best!


Goal (3 - 5)	Knowledge to gain/Skills to build/ Attitude to develop	ACTION PLAN - Strategic, Activities or Learning	Proof	Potential mentors	Target Date for completion



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