

Practical Edge Training

Personal Growth Worksheet

Use this worksheet to identify an area for personal growth and create a practical plan for becoming a stronger leader.

My Growth Goal

Area I want to improve:

Why is this important?

Current Strengths

What strengths will help me achieve this goal?

Areas for Improvement

What knowledge, skills, or habits do I need to develop?

My Action Plan

- ☐ Read a book or article
- ☐ Complete a course
- ☐ Ask for feedback
- ☐ Find a mentor or coach
- ☐ Practice a new skill
- ☐ Reflect after challenging situations
- ☐ Other: _____

SMART Goal

Specific:

Measurable:

Achievable:

Relevant:

Time-Bound:

Weekly Progress

Week 1: _____

Week 2: _____

Week 3: _____

Week 4: _____

Reflection

What did I learn?

What is my next growth goal?

Leadership Reminder

Great leaders never stop learning.

Small, consistent improvements over time produce lasting results.