

Evaluate
Step 5

Evaluating is key to achieving!

Complete each action within your plan and let the success unfold. Make sure to evaluate your progress at different times throughout your plan to reflect on your progress, celebrate your achievements, identify any necessary adjustments and review future actions.

Tip 1 Make any necessary adjustments along the way.

Tip 2 Keep going until you achieve your goal.

Tip 3 If you are having difficulty staying on track you may want to engage a success coach to support you to delve more deeply into your personal development needs.

*WRITE Your Way
To Success!*
TO SUCCESS!
WRITE YOUR WAY

**ULTIMATE 5 STEP
PERSONAL DEVELOPMENT**

Write Refine Innovate Transform Evaluate



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CONGRATULATIONS!

For taking the first step towards achieving your goals with us. As a token of our commitment to your personal development journey, please take this copy of our “Ultimate 5 Step Personal Development” guide so you can start exploring your potential and enhancing your success.

Like anything in life, when you make a conscious decision to achieve something in your personal or professional life there can be up's, down's, challenges and rewards along the way. During these times many people find having a success coach by their side a great support. Someone with whom to share your journey, achievements and help you maintain focus along the way.

There is no right or wrong way to achieve goals, the most important thing is that you do. Once you commit you will experience key moments when your mind expands with new insights into the past, present and future. As you reflect on your experiences new neural pathways will form within your brain, which will re-wire itself to adapt, fine tune and influence your future with positivity and success.

All the best to you.

Warm Regards

Rachael Shaw

Transform innovation into action!

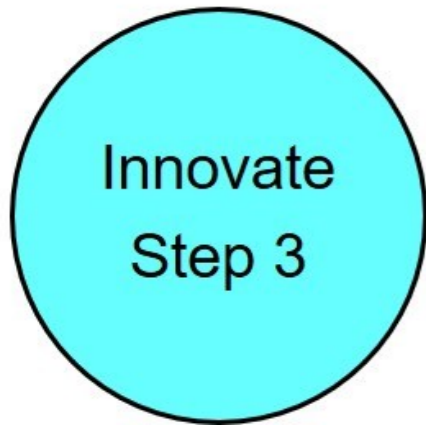
Review your previous three steps. Are you clear on your goal? If you are clear, it's time to write down your personal development plan. Begin by breaking your goal down into small, manageable actions and prioritise them in order of which must be completed first.

Tip 1 You may wish to use the SMART guide (specific, measurable, achievable, realistic and time-framed).

Tip 2 Incorporate anything else that may impact on your plan progress, outlining how you will work around that.

Tip 3 Sometimes you may change the way you achieve a goal or change your goal, and that's ok! Exploring alternatives brings you towards better understanding and improves the likelihood of successful outcomes.





Dig deep!

Examine and explore all aspects of your chosen goal. Consider the who, what, why, where, how and when of your goal. Be realistic and make your goal achievable, prepare to experience unexpected adjustments. Think creatively about ways your goal can be achieved.

Tip 1 Don't be surprised if your goal grows or changes direction as you continue to develop it.

Tip 2 Consider how this goal will support the 'current you' to become the 'future you' .

Tip 3 Use questions to nudge your creativity. What have you previously done to work towards this goal? What are the possibilities you can use/do/take to achieve this goal?

Five-Step Personal Development Guide

Make your dreams a reality! Harness your talents and access unlimited potential with our easy to follow five-step guide to get you on your way to achieving your dreams today! Because we want you to get 100% value from our services completing this prior to engaging in a coaching session will support The heart of this model is "write" because writing it down increases your likelihood of achieving your goals by 30%.

Write - Begin with some freewriting about what you might like to change and what you are setting out to achieve.

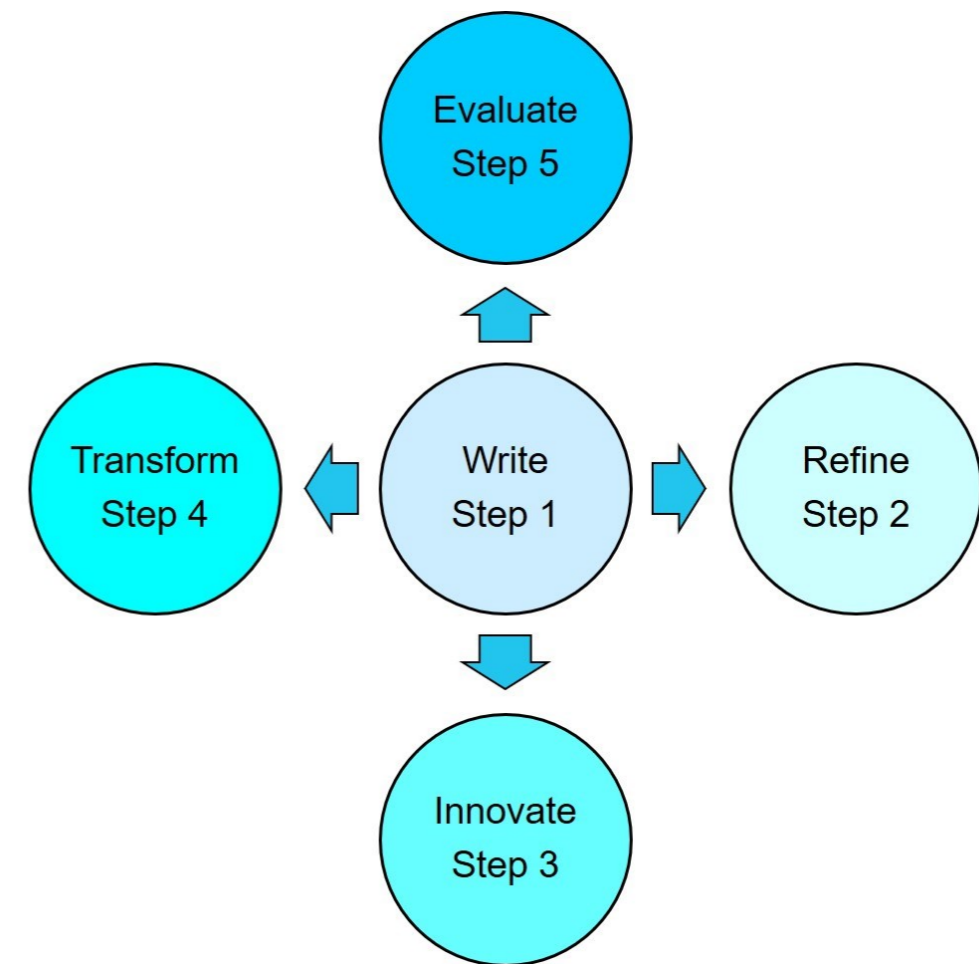
Refine - Prioritise and consider how your priority goal fits into your current situation. Refining can occur during any step.

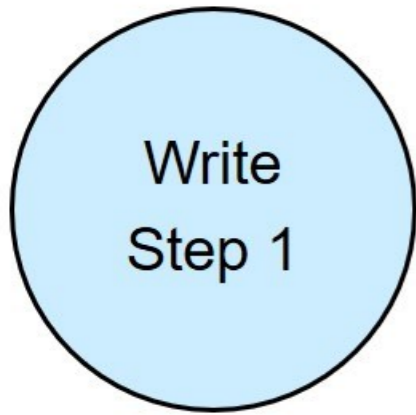
Innovate - What is happening with the 'current you' and consider the possibilities of how to get to the 'future you'.

Transform - Transform innovation into actions by breaking your goal down and prioritising each step.

Evaluate - Achieving goals is not always a linear process. You may review previous and/or future stages and make changes.

It is recommended to read this guide through before starting your personal development journey. This guide will benefit anyone who likes to figure things out on their own. If you are a collaborator you may prefer to use a Success Coach to talk through each step.





Write It Down!

Why? Because writing things down increases the potential of those things to become a reality! So, write down everything you want to achieve. Don't hold back.

What are your strongest and most deeply held goals, dreams and desires? Anything and everything should be on this list. You can have as many or as few as you like, both short-term and long-term, something you started or want to start, things to make you happy or increase your personal and/or professional satisfaction.

Tip 1 Keep in mind the demands of your personal and/or professional position, your capabilities, interests, organisational culture/home life.

Tip 2 Use questions to nudge your creativity. What do you want to work towards, improve about yourself or change about your situation? What are your greatest strengths? What main practices do you want to improve? What do you need to do more of? What do you need to do less of?

Refine, refine, refine!

Prioritise! What do you want to work on first. Look at your list from the previous page. Order your goals with the highest priority first. Upon refining your priorities may change, and that's ok! Refining can be done during any step in the process.

Tip 1 Consider why your chosen goal is a priority and how it fits with other things in your life right now.

Tip 2 Use questions to nudge your creativity. What barriers could prevent you from making these changes? How can you work around or remove these barriers? Who else can help? What workshops, training programs, or books might help support your efforts to improve? How could your immediate manager/friend/family help you? Who else is involved in your developmental journey, why and how can they help? What's the first thing you will do to start? When will you begin?

