

PERSONALIZED DEVELOPMENT PLAN

Where do you want to see growth and development?

<p>Effectiveness Achieving goals through effective decision making, influencing, and engaging others</p>	<h1>1</h1> <p>In which of these areas would you like to see improvement?</p> <p>If you could develop this area, what would be different?</p>
<p>Relationships Building and maintaining positive interpersonal and professional connections and community</p>	
<p>Well-being Maintaining optimal energy and functioning with balance and healthy practices</p>	
<p>Quality of Life View of satisfaction and achievement, and a life well lived</p>	

What is your current challenge or future goal?

How can you use Emotional Intelligence?

<p>Know</p>	<p>What THOUGHTS run through your mind as you think about this challenge or goal?</p> <hr/> <p>What FEELINGS are stirred up as you consider this challenge or goal?</p> <hr/> <p>What PATTERNS do you have when it comes to these thoughts and feelings?</p>
<p>Choose</p>	<p>What options do you have to move forward towards your goal? What new thoughts and feelings will help you get there?</p>
<p>Give</p>	<p>Why is this goal important to you? How will it impact yourself and others?</p>

How will you develop your Emotional Intelligence?

Refer back to Section 1. Which one **Outcome** do you want to focus on?

Refer to the **Neural Net Report**. Find the Outcome you want to work on and answer the questions provided. Use the space here to record your thoughts.

Competency #1: _____
Notes:

Competency #2: _____
Notes:

Competency #3: _____
Notes:

Great athletes spend the majority of time practicing and little time performing. Learning to use the EQ competencies takes practice too. Sometimes a lot of practice! What ONE or TWO things do you want to commit to start practicing TODAY to begin developing your EQ?

What additional training, coaching, or support do you need?

Who else will benefit from what you are learning? When will you share what you are learning with this person?

