**EXAMPLE**

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| NAME: Sam Smith |
| DATE STARTED: | DATE TO COMPLETE: |

|  |  |  |  |
| --- | --- | --- | --- |
| AREA TO IMPROVE AND REASON | ACTIONS TAKEN  | DATE TO TAKE ACTION | COMPLETE |
| MY CAREER* I lack focus, discipline and clear direction
 | * Get a coach
* Plan out my career
* Research people who do well in this industry and find out what they do
 | In the next 90 days  |  |
| MY HEALTH & FITNESS* I have not prioritized this enough in the last 12 months and it shows
* I am lacking energy and know I cant leave it any longer
 | * Start walking in the morning
* Get rid of the junk food
* Get some weights
* Change my beliefs about my health and fitness
 | Immediately! |  |
| MY FINANCES* I have let this ‘just happen’ and don’t really have any clear goals around finances. It’s been more chance and me spending what I want when I want – I want to get things more under control and feel good about my savings plan instead of worrying about money
 | * Start a savings account
* Commit to a $x a week to go into the account automatically
* Stop spending on stuff I don’t need for the next 90 days
* Get coached on my values around money.
 | Immediately and ongoing  |  |
|  |  |  |  |
|  |  |  |  |

Place your commitments from this Personal Self – assessment Plan in your diary to ensure action!

|  |
| --- |
| NAME: |
| DATE STARTED: | DATE TO COMPLETE: |

|  |  |  |  |
| --- | --- | --- | --- |
| AREA TO IMPROVE AND REASON | ACTIONS TAKEN  | DATE TO TAKE ACTION | COMPLETE |
| MY CAREER | * Get a coach
 |  |  |
| MY HEALTH & FITNESS |  |  |  |
| MY FINANCES |  |   |  |
|  |  |  |  |
|  |  |  |  |

Place your commitments from this Personal Self – assessment Plan in your diary to ensure action!