**EXAMPLE**

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

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

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| --- | --- |
| NAME: | |
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| --- | --- | --- | --- |
| 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!