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## WRITING A PERSONAL DEVELOPMENT PLAN

BY CAROLYN RAYE

A personal development plan (PDP) is a tool to help examine the key aspects of our lives and then to pursue growth or change where it is most needed. Here is a description of how and why to write a Personal Plan, including worksheets.

# Perspective for Writing a Personal Development Plan

Carolyn Raye

## What is a Personal Development Plan?

A personal development plan (PDP) is a tool to help examine the key aspects of our lives and then to pursue growth or change where it is most needed. There are many important facets to our lives and God cares about each of them. In fact, He even has a lot to say in His word about how we live on a daily basis. He cares deeply about us – our relationships, our financial health, our circumstances, our physical health, our service as well as our intimacy with Him. To make Christ Lord, all aspects of our lives must be under His control.

## How do I write one?

The most basic and simple way to write a PDP is to ask yourself 3 questions for each of the key areas of your life.

- ✓ What is going well in this area?
- ✓ What is not going very well?
- ✓ What do I need to keep doing, improve upon or change altogether?

## What should I do once I've completed this exercise?

Writing a plan could actually be the easy part. Making use of it as a valuable tool for growth over the next year will take a little more work and intentionality. Here are a few things to keep in mind:

- ✓ Keep it simple.
- ✓ Be realistic.
- ✓ Transfer action points (goals) to a calendar.
- ✓ Seek accountability.

After completing an exercise such as these, some people become overly ambitious. They are ready to change everything that needs changing tomorrow. Others could well become depressed at the thought of what it appears that they “ought” to be doing. The thought of failure hangs over their head and they wonder “why bother?”

With that in mind, try to prioritize what really needs to change the most in your life. What is the ONE thing that if you would start doing (or stop doing) would make the biggest difference in your life? Identify 1-3 top priorities, set some goals in those areas, put them on your calendar and

then tell someone about them. Invite that person into your life to help you see this life growth actually come about.

The following worksheet is a tool to help in writing your own development plan. Take your time to do this. Pray and ask the Lord to give you insight.

## Worksheet for Writing a Personal Development Plan

Use the following questions/phrases to help ask yourself how you are doing in each of these six areas of your life. Feel free to skip questions or add questions of your own.

### Spiritual

- Consistency in the Word and Prayer
- Application of the Word to my life (meditating, memorizing, journaling, confessing sin, making changes etc.)
- Do you consistently take a Day with the Lord?
- What would you like to continue doing or start doing to grow in intimacy with the Lord?

### Relational

- How are your relationships with family, friends, church body, unbelievers?
- If you are married, how would you describe the health of your marriage? What needs to change or improve?
- Do you have someone in your life that you can share your dreams and struggles with?
- Do you have “life-giving” relationships around you locally?

### Financial

- Are you living according to your means? (credit card debt?, on a budget?)
- Are you saving for the future and for retirement?
- Are you giving according to how He has blessed you?
- Do you have a Biblical perspective of financial stewardship?

### Physical

- What are you doing to take care of your physical body? (eating, sleeping, exercise habits)
- Are there any habits that you would like to eliminate or incorporate into your life?

### Personal

- What do you enjoy most in your leisure time? Do you make time for a hobby or something that “re-energizes” you?
- Are you stretching yourself mentally? (reading, taking a class, etc.)

### **Ministry (non-job related)**

- Are you connected to a church body?
- Have you found ways that you can contribute as a member of that body?

## **Making it Happen**

### **Keep it Simple**

What is the one single most important thing that you could focus on to help you grow into becoming all of the person that God wants you to be?

### **Be Realistic**

Set specific goals for the top 3 things that are the most important for you to incorporate into your life this year.

### **Put it on the calendar**

Put your action points on your calendar or to-do list.

### **Seek Accountability**

Who are you going to share this with? What are you going to ask them to hold you accountable to?

Make a clear and simple copy of your PDP so that you can  
incorporate it into your prayer life.

# Personal Development Plan Worksheet

Date: \_\_\_\_\_

	Growth or change I want to see happen	Specific faith steps I can take to see this growth
Spiritual		
Relational		
Financial		
Physical		
Personal		
Ministry (non-job)		