

## EXAMPLE

SELF-DEVELOPMENT PLAN															
FOCUS FEATURE	STATE	VISUALIZE	TIMELINE			MILESTONE	ACCOMPLISHED		Corrective Action	TIMELINE			MILESTONE	ACCOMPLISHED	
							Y	N						Y	N
BODY															
MENTAL FITNESS															
PERSONALITY															
PRESENCE															
EXPERIENCES															
INCOME															
SKILLS															
CAREER															
ALTRUISM															

\***STATE**: State your intentions here. Crystallize the changes you would like to experience.

\***VIZUALIZE**: Describe in details how it looks, feels and acts, both to you and others. Write it down in a present tense, positively affirming with enthusiasm.

\***TIMELINE**: Describe a definite timeframe cycle upon which you'd verify small action steps toward bigger goal. It could be a week, or a month.

\***MILESTONE**: It is a marker upon which you evaluate a compounded progress. Make a clear statement of what needs to be accomplished by this marker.

\***ACCOMPLISHED**: Y/N: This is a Stage of Evaluation. Examine if you reached milestone successfully with yes or no. Could use %. Stay positively focused!

\***CORRECTIVE ACTION**: If you find that something isn't accomplished, analyze why and describe how are you going to correct it. Stay positively focused!